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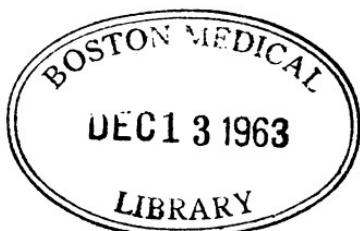
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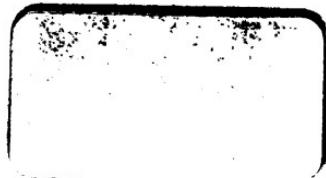
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The
CARE OF THE FACE

WILLIAM A. WOODBURY



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THE CARE OF THE FACE

How to Have Clear, Healthy Skin and How to Eradicate Blemishes of Face and Features

FOR PROFESSIONAL AND PRIVATE USE

BY

WILLIAM A. WOODBURY
DERMATOLOGIST

AUTHOR OF "BEAUTY CULTURE," "THE CARE OF THE HAIR AND SCALP,"
"HAIR DRESSING AND TINTING," "THE CARE OF THE HAND,"
"THE CARE OF THE FOOT," "HOW TO GET THIN AND
HOW TO ACQUIRE PLUMPNESS," ETC.

Cheek
Flushing white and softened red;
Mingling tints, as when there glows
In snowy milk the bashful rose.

—Moore.

**G. W. DILLINGHAM COMPANY
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INTRODUCTORY.

THERE is nothing more instantly attractive about a woman's personality than a clean, clear, healthy complexion. The tint and glow of her facial skin makes impression, either simultaneously with the expression of her eyes, or quite often before these open their full batteries on the heart. Pride in the possession of a fine facial skin is more than pardonable; is proper. That much time and attention should be spent on making it as near perfection as possible is right.

A good complexion is nature's best evidence of health. Health helps beauty to linger long. This very knowledge urges women to exert every effort to keep the complexion above criticism. Ways of doing this were not unknown to the ancients. Many women of history, indeed, have vied in perfecting arts of preservation.

Certain women became celebrities for their looks alone, and so much so that even now the prized formulæ, believed to have been handed down by them, are religiously copied and kept supposedly secret by those fortunate enough to have gained an inkling of their methods and preparations.

But science has progressed so far that such secrets are of little merit now. We know that with perseverance and patience and proper attention any skin may be made beautiful and furthermore features that have marred the faces of the most exacting can be made normal and even attractive.

THE FACE

CHAPTER I.

PHYSIOLOGY OF THE SKIN.

As in every other department of Beauty Culture, so in this the operator to be efficient must have a clear conception of the structure and function of the special part of the body under consideration. In treating the face this knowledge should be primarily of the nature of the skin, and secondarily of the nature of the muscles lying underneath it. Some idea of the structure and function of the skin has already been obtained in the discussion of hair, and the reader is referred to the diagram of the anatomy of both skin and hair (Figure 46) appearing on page 9 in this discussion. The anatomy of the muscles of the face will be illustrated and explained later on in the discussion of Facial Massage, where it is especially applicable.

THE STRUCTURE OF THE SKIN.—The muscles of the face are covered by a layer of fat upon which the skin proper rests. This layer of fat gives the graceful contour to the face. When it is lacking, the skin falls inward, producing hollows or causing the formation of folds or wrinkles.

While the skin is more or less elastic, it has not the power to overcome entirely the loss or falling in of weakened muscles or loss of fat, and eventually loses its own

vitality for want of a proper blood supply and takes on a dry, shrivelled appearance.

On the other hand, such fault may be in the skin itself while the muscles are comparatively well formed; it may harbor infectious germs as a result of improper cleansing, causing eruptions or skin diseases, or it may have been subjected to other irritants like sunburn, causing discolourations or reddening and chipping or scaling. Similar results follow the use of impure, rancid or irritating soaps, a very common cause of skin trouble.

As will be seen in Figure 46, the skin has two layers—the scarf, or outer skin, and the derma, or true skin.

The scarf skin has no blood vessels, but is made up of numerous fine cells, which give it its smooth surface. Its object is one of protection. The upper cells are thrown off as fine scales and are replaced as rapidly by new ones.

The true skin is highly sensitive. It is made up of many minute bundles of fine threads, among which lie blood vessels, nerves, the sweat and sebaceous glands.

Below the true skin lie the fat cells and below these the muscles.

Through the outer and true skin run many pores or tubes. Some are hair follicles, others sweat or sudoriferous. The latter end in the coils of the tube. Their function is to remove water or perspiration from the blood. The number of these pores varies from 500 to 2,800 to the square inch at different parts of the body.

The sebaceous glands secrete an oily matter which is to keep the hair and skin soft. They are sacs like grape bunches, emptying by ducts into the hair follicles and are generally very plentiful about the face and scalp.

The blood vessels are particularly numerous in the skin of the face, and it is from the circulation that the

flush or color of the skin is derived. The blood gives nourishment to the skin and supplies the sebaceous glands, giving oily matter or sebum, and the sweat or sudoriferous glands, giving off water and poisonous matter and certain chemicals in the form of perspiration.

Both of these secretions are necessary to the health of the skin and hair, and it can be readily seen that a poor circulation or an interference of their function would naturally affect the skin both in its color, texture, and health.

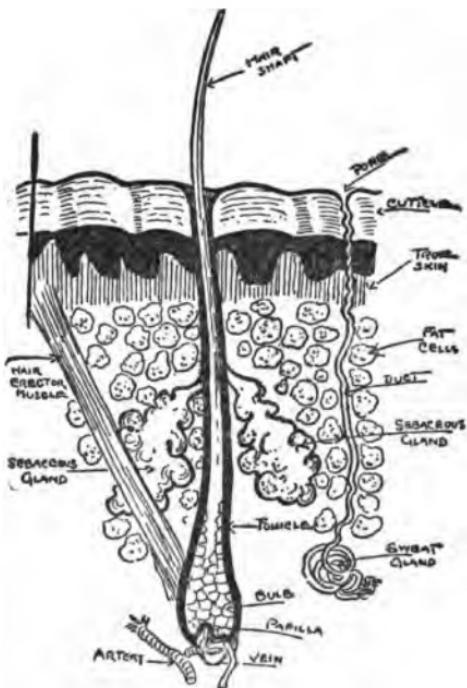


Fig. 46
DIAGRAM OF SKIN AND HAIR

CHAPTER II.

CARE OF THE SKIN IN HEALTH.

Washing the Face—The Evening Cleansing—Recipes for Skin Creams, Foods, Cleaners, and Powders—The Morning Cleansing—General Advice to Operator.

THE study of the care of the skin in health is of primary importance not only for its own sake, but because it gives information essential to the proper treatment of diseased conditions of the skin.

WASHING THE FACE.—It seems almost foolish to have one's attention called to the washing of the face, and yet it is a fact that a vast majority of our people do it improperly. This fault is due to the habit of days of ages past and no correct or satisfactory reason can be given for the fact that the face is washed principally in the morning and very rarely at night before retiring.

Just the opposite method should be followed, as any one will see, who pauses a moment to reason upon it.

A light washing of the skin of the hands and face is usually sufficient to brighten it, to make it glow, not with the effect of the water alone but the rubbing and gentle pressing of the hands—the unconscious massage we all practise.

The correct method of cleansing the face is to cleanse it thoroughly at night. The reason is obvious. The person is exposed to the air all day more or less and whether at work in the factory or store or following outdoor

duties, there remains the fact that much exposure results in the accumulation of dirt, dust of all kinds, germ life, and other impurities too numerous to count, upon the skin of the parts of the body exposed.

The skin of the face is particularly loaded with this filth on account of the many pores and the form of the contour.

If now the person is satisfied with simply rubbing off this dirt with a kerchief or as in most cases permits it to remain overnight—washing of the hands for the night meal being considered sufficient for decency's sake—then this person openly invites any of several of the skin diseases so often caused this way.

THE EVENING CLEANSING.—Instruct all your patrons to wash the face at night before retiring; and to do this thoroughly, not as a mere habit, but as a health-giving rule of absolute necessity. To fully carry out this, have the patron use a neutral clean soap such as white castile. This should be applied to the face with a fine camel's hair brush dipped into fairly hot water. A Turkish towel glove is best for coarse skins or when the patron is exposed to extreme dirt or smut as in factory life. Never allow the use of sponges. They are uncleanly and invite infection.

The face is thoroughly cleansed, every part being gone over with the brush, rubbing vigorously all the time. The soap is then rinsed off with clean tepid water, using two or three changes of water and the skin dried with a soft towel by tapping it dry in an upward direction always. Fanning, first very softly, then more briskly, is often found a pleasing and refreshing method of drying the skin. If a perfumed fan be used, take care that the scent be not strong, but very delicate. Never rub the face in

any and all directions. Such rough usage would only help to undo the massage results you have been trying to attain by gentle scientific means.

Of course, some patrons with exceedingly fine or delicate skins may use a suitable cream to cleanse the skin with instead of soap. There is no need for doing this if a pure or bland soap is used, but the cream may be used in the morning instead of the more thorough washing method of the night before.

The use of aromatic vinegars or toilet waters, particularly those containing irritants or alcohol, is to be avoided. These rob the skin of its fat and eventually leave it dry and hard and wrinkled.

Never in the process of washing the face irritate the skin; if the soap you use does so there is some impurity present and it should be changed at once.

The addition of a few drops of tincture of benzoin to the rinsing water gives it a slight aromatic odor and a tendency to contract the pores and to whiten the skin.

After drying the face, delicate cream is gently rubbed over the face with the tips of the fingers, rubbing upward. This should be left on overnight, using only sufficient to just cover the skin with a thin layer.

PREPARATIONS.—The following recipes for skin creams, skin foods, and skin cleaners will be found harmless and effective:

FOR VERY THIN, DRY SKIN

B	<i>Almond Oil</i>	<i>I oz.</i>
	<i>Olive Oil</i>	<i>I "</i>
	<i>Spermaceti</i>	<i>I "</i>
	<i>Benzoinated Lard</i>	<i>I "</i>

FOR COARSE SKIN

B	<i>Anhydrous Lanolin</i>	<i>2½ drams</i>
	<i>Oil of Citron</i>	<i>1 drop</i>
	<i>Oil of Bergamot</i>	<i>3 drops</i>
	<i>Spirits of Mignonette</i>	<i>8 drops</i>

SKIN FOOD

B <i>Benzoinated Lord</i>	<i>1½ pd.</i>
<i>Lanolin</i>	<i>½ "</i>
<i>White Wax</i>	<i>¼ "</i>
<i>Boric Acid</i>	<i>¾ oz.</i>
<i>Perfume to suit.</i>	

TISSUE BUILDER

B <i>Olive Oil</i>	<i>1 pd.</i>
<i>Spermaceti</i>	<i>2 "</i>
<i>Cocoa Butter</i>	<i>4 oz.</i>
<i>White Vaseline</i>	<i>8 "</i>
<i>Benzoic Acid</i>	<i>1 "</i>
<i>Mix in 10 ounces of water and perfume to suit.</i>	

SKIN CLEANER NO. 1

B <i>Acetic Ether</i>	<i>2 dr.</i>
<i>Alcohol</i>	<i>4 dr.</i>
<i>Water quantity sufficient to make 8 ounces. Perfume to suit. This simply cleans the skin.</i>	

SKIN CLEANER NO. 2

B <i>Acetone</i>	<i>4 dr.</i>
<i>Boracic Acid</i>	<i>2 dr.</i>
<i>Alum</i>	<i>20 gr.</i>
<i>Alcohol</i>	<i>5 dr.</i>
<i>Water</i>	<i>8 oz.</i>
<i>Perfume to suit. This has triple effect: cleans, makes firm, beautifies.</i>	

A little pure rice or potato starch finely powdered may be dusted on over the cream. A first-rate simple powder is made as follows:

PURE FACE POWDER

B <i>Rice Starch</i>	<i>8 oz.</i>
<i>Rice Flour</i>	<i>8 "</i>
<i>Orris Root, finely powdered</i>	<i>2 "</i>
<i>Magnesia Carbonate</i>	<i>4 "</i>
<i>Oil of Lavender</i>	<i>40 drops</i>

The oil of lavender or any other perfume is rubbed into the magnesia and then the other parts are added by constant stirring until the whole is evenly divided.

Face powders have been decried as harmful. They are harmful only when made of chemicals such as lead,

arsenic, and bismuth or mercury. A powder made of proper ingredients acts as a protective to the skin, and its use will be later explained.

If an antiseptic powder is preferred, the following is excellent:

ANTISEPTIC POWDER

B	Talcum Powder (<i>pure</i>).....	4 oz.
	Rice Starch	4 "
	Orris Root	2 "
	Boric Acid (<i>powdered</i>).....	1 dr.
	Essence of Violet	20 drops

THE MORNING CLEANSING.—In the morning the face may be washed as in the evening, but less thoroughly. The use of a fine face cloth should take the place of the flesh brush, as it is not intended to widen the pore openings by mechanical means, but simply to cleanse them of fatty matter.

In place of the benzoin tincture used in the evening cleansing a tablespoonful or two of fresh almond meal added to the first rinsing water adds luxury to the process. The latter makes a creamy white mixture, very agreeable both in effect and odor.

The cream and powder follow next. While the powder is not essential at night, it is particularly indicated for a skin about to be exposed to harsh winds or the hot sun.

One precaution is to have the face thoroughly dry before using the cream and powder, otherwise an unevenness of the application appears while the danger of chafing is thereby invited.

Some persons have a very loose skin, not merely on the neck where looseness of skin is common, but on the cheeks and occasionally on the forehead. In such cases hold the skin gently with one hand to prevent its rolling about, while you massage with the other. After a few

operations much of the looseness or flabbiness as a rule will disappear, unless the patron is of advanced age or of persistently irregular habits.

Again, you may meet with some skins of unusually delicate texture. In such cases advise the use of a gelatinous soap. The same applies to skins irritated by exposure or by the wrong manipulations of incompetent masseuses.

The operator should take particular pains to keep her hands in exquisite condition, soft, smooth, dry.

GENERAL ADVICE TO OPERATOR.—Health, positive health, magnetic health, the kind that you feel so strongly in yourself you are tempted to fancy you could communicate it or radiate it to others, is an asset every operator should aim to possess, not only for its own valuable sake, but for its moral effect on your patrons. If they see you glowing with health and feel the vibrations of it under your fingers at once firm and supple, they are sure to have more confidence both in your skill as an operator and in any advice you may give them in a general way regarding the care of their own health.

But never thrust advice on a patron; if you must offer it, do so at first by way of roundabout suggestions, unless it is asked or unless you have been so long on familiar terms that your advice will not seem a piece of presumption or forwardness.

Also remember that some of the faults you are asked to correct have been brought about by direct carelessness or habit of the patron. Induce her to study facial repose; to stop wrinkling her face as much as possible in laughing; not to frown; to use her mouth normally, etc. Of course this must be insisted upon very diplomatically, as most women will tell you such a thing is impossible, and

that they come to you for relief and beauty. But how can you build out the hollows of cheeks if the back teeth of both jaws have been removed and the space has not been filled by artificial ones? How can a frown be corrected if the patron has a faulty eyesight that causes her to screw up the features to frowns and squinting lines and crow's feet? Much can be done to correct these faults and earlier results be attained if the operator will firmly and honestly insist upon the patron doing for herself at least in part.

The health of the patron, her diet and mode of living must be noted, and she should be advised to see a physician to put her health into such state as to give her every advantage to secure early and pleasing results.

CHAPTER III.

TREATMENT OF SKIN DISORDERS.

Pimples or Acne—Red Nose—Dry, Scaly Skin—Oily Skin and Enlarged Pores—Blackheads—Milium—Ring-worm—Chapped Lips—Sunburn—Freckles and Tan—Liver Spots and Moth Patches—Warts—Scars and Small-pox Marks—Birthmarks—Superfluous Hair.

WHILE the beauty culturist should make no attempt to practice medicine, and should refer all cases requiring constitutional treatment to a physician, to one in particular who is a specialist in the disorder in question, there are many common affections of the skin which she may with propriety treat in her office. In the following directions a knowledge of simple massage is assumed, for instruction in which the reader is referred to the chapter on facial massage found on page 34.

PIMPLES OR ACNE.—One of the commonest of these disorders is pimples, or acne. This unsightly condition of the skin is very frequently noticed in young people. There are many causes that produce it, of which lack of cleanliness, carelessness in looking after the skin, faults in exercise and diet, and blackheads are the most common. The use of improper lotions and ointments is another cause.

A great many cases can be cured by simple external measures associated with proper hygiene. Of course the diet and method of living must be looked into. Foods that are heating, fresh bread and pies, condiments, in-

dulgence in candy, meat two or three times a day, must be forbidden. Plain food, meat once a day, fresh fruit, especially oranges, and vegetables, are needed. The skin of the whole body requires stimulation and cleansing, and so a warm bath three days is to be recommended, followed by a quick, moderately cold douche, brisk rubbing and thorough drying. Outdoor exercise and regular hours of sleep are essential.

From a persistent cleansing of the skin a recovery soon results, unless the unfortunate condition has been caused by impoverished blood or some internal derangement, usually of the digestive apparatus.

The cleansing creams (Nos. 1 and 2) given on page 13 will be found of exceptional value.

Massaging the face of the patient is not at first advisable. After using the hot towels, the pimples should be opened with a small lancet that has been properly sterilized by boiling and dipping into peroxide of hydrogen. The matter is gently pressed out of each pimple and the face cleansed with an antiseptic lotion.

Of these lotions there are many; the highly antiseptic ones give the best results, of which the following is excellent:

ACNE CLEANSING LOTION

B	Mercury Bichloride	7 gr.
	Zinc Sulphate	15 "
	Tinct. Benzoin	2 dr.
	Water	4 oz.

Dissolve the mercury in the water; then add the zinc sulphate and lastly the benzoin.

This lotion is poisonous and should *not be allowed to get into the eyes*. A thorough application should be given by daubing it on the face with absorbent cotton and allowing it to dry and remain on. It should be used daily, or every other day, if it proves very irritating.

Before the second or third treatment the face may be washed with tincture of green soap, well rinsed off and cleansed of any pus that may be in the pimples, then treated with the above lotion. If the lotion is too severe and irritating, it should be applied every other day.

Sulphur is an excellent remedy to apply, in some cases, instead of the above, and can be made and applied as follows:

SULPHUR ACNE LOTION

B	<i>Precipitated Sulphur</i>	1 dr.
	<i>Tragacanth Powder</i>	20 gr.
	<i>Spirits of Camphor.</i>	2 dr.
	<i>Water</i>	4 oz.

Mix and apply with cotton daily. This lotion cannot be used with mercury or any other sulphur lotion.

If the skin is oily and covered with pimples the following is better:

OILY SKIN ACNE LOTION

B	<i>Precipitated Sulphur</i>	1 dr.
	<i>Ether</i>	4 "
	<i>Alcohol</i>	2½ oz.
	<i>Water sufficient to make 12 ounces.</i>		

Mix and shake well and apply with cotton twice daily.

Sometimes in very obstinate cases the following ointment is found excellent:

SULPHUR ACNE OINTMENT

B	<i>Beta Naphthol</i>	½ dr.
	<i>Precipitated Sulphur</i>	1 oz.
	<i>Green Soap</i>	1 "

Apply once a day, preferably at night. Or the following:

B	<i>Precipitated Sulphur</i>	½ dr.
	<i>Benzoinated Lard</i>	2 "
	<i>Lanolin</i>	2 "

Apply once a day at night.

Finally a good lotion to use as the condition improves is made as follows:

B Resorcin	20 gr.
<i>Witch Hazel</i>	2 oz.

Mix and apply with absorbent cotton after cleansing the face with hot towels once a day.

As the parts become cleared of the pimples gentle massage is needed to stimulate the skin to better activity.

RED NOSE.—This unfortunate condition, giving the person a drunkard's appearance, can be readily cured if taken under treatment before the veins become so large that only surgical means or electrolysis will remove them.

The cause is usually internal, but may be hereditary or the result of chronic acne. All causes must be looked into and a vigorous treatment be used externally. Hot towels are not good to use, as they tend to enlarge the blood vessels, therefore cold are best. Externally apply cotton moistened with the following lotion each night, letting the wet covering remain:

RED NOSE LOTION

B Muriate of Ammonia	2 dr.
<i>Tannic Acid</i>	3 "
<i>Glycerine</i>	2 oz.
<i>Rose Water</i>	3 "

Or this lotion can be advantageously used:

RED NOSE

B Powdered Calamine	1 dr.
<i>Zinc Oxide</i>	30 gr.
<i>Glycerine</i>	½ dr.
<i>Cherry Laurel Water</i>	4 oz.

Shake well and mop on nose morning and evening.

For a medium case, that is, one not aggravated, but incipient, the following formula will be found efficient:

B Sulphate Potash	¾ oz.
<i>Sulphate Zinc</i>	1 "
<i>Distilled Water</i>	1 qt.

Dissolve the first in one-half of the water and the zinc in the other half, using separate bottles. After each is thoroughly dissolved, mix together. This is to be applied on a red nose, or can be with good results also to a pimpled skin, twice a day, preferably night and morning. After washing the parts thoroughly with warm water, dab on a little of the mixture with absorbent cotton.

For an aggravated case of red nose or for pimples of obstinate character, this has been frequently successful:

B	<i>Sodium Sulphide</i>	<i>1 oz.</i>
	<i>Sodium Hyposulphite</i>	<i>3/4 "</i>
	<i>Zinc Sulphate</i>	<i>1 1/2 "</i>
	<i>Acetone</i>	<i>2 1/4 "</i>
	<i>Alcohol</i>	<i>4 1/2 "</i>
	<i>Glycerine</i>	<i>1 "</i>
	<i>Distilled water sufficient to make 1 quart.</i>	

Dissolve the sodium sulphide and the hyposulphite together in some of the water. Then filter through cotton. Then add the rest of the ingredients as per formula. This preparation is expected in its first effects to irritate the skin. If, as in case of some skins, it burns severely, it should be diluted with more water.

For non-alcoholic red nose the following are good, spread over the nose at night and allowed to remain:

B	<i>Refined Chalk</i>	<i>1/2 ounce</i>
	<i>Glycerine</i>	<i>12 drops</i>

OR

B	<i>Rose Water.....</i>	<i>1 ounce</i>
	<i>Carbolic Acid</i>	<i>1/2 of 1%</i>

Exercise in the open air; look to the digestion; raise the body on the toes a few times thrice a day, or twice as often, if need be.

A good nasal douche, to snuff up each nostril, night and morning, is a half teaspoonful of table salt in a tumbler of warm water.

For the reduction of enlargement of the nose occasionally seen, only surgical means are effectual.

DRY, SCALY SKIN.—This condition is always due to a lack of good circulation and the consequent want of fat in the skin. Constitutional treatment must be undertaken and daily massage given with the application of a food-giving cream at home. The tissue-building and skin-food creams will give a happy result. All lotions and washes containing alcohol or ether, or such chemicals as borax, ammonia, mercury, zinc, etc., are to be avoided. Lotions containing glycerine and rosewater perfumed to suit agree with most cases.

Hygienic laws must be followed and the diet should be made as nutritious as possible. Outdoor exercise helps a great deal.

The following may be tried after the steam towels and massage and applied again at night:

FOR DRY SKIN NO. 1

B	Iodide of Potash	1 dr.
	Glycerine	1 "
	Lanolin	½ oz.
	Neatsfoot Oil	½ "

FOR DRY SKIN NO. 2

B	Lanolin	1 oz.
	Cocoa Butter	1 "
	Glycerine	1 "
	Rose Water	2 "

Glycerine burns some skins; cocoa butter irritates others. A formula without these should then be used.

Some cases do well on the following:

FOR FLABBY SKIN

B	Spermaceti	2 oz.
	White Wax	2 "
	Sweet Almond Oil.....	6 "
	Lanolin	2 "
	Witch Hazel	2 "

FOR WRINKLED SKIN

B	Olive Oil	3 oz.
	White Wax	2 "
	Spermaceti	2 "
	Lanolin	2 "
	Sweet Almond Oil.....	3 "
	Orange Flower Water.....	2 "

Melt the spermaceti, white wax, lanolin, and olive oil together. Add the almond oil. When cool, pour in 6 ounces of water and, after stirring, add the witch-hazel or orange-flower water and about 20 drops of benzoin to each lotion.

B	Glycerine	4 dr.
	Orange Flower Water.....	4 oz.

Mix and apply to skin daily, letting it absorb.

OR

B	Oxide of Zinc.....	4 dr.
	Rose Water	6 oz.
	Lime Water	2 "
	Glycerine	1 dr.

*To be dabbed on with fine sponge and
NOT massaged in.*

OILY SKIN AND ENLARGED PORES.—This condition is exactly opposite to that just mentioned. Here there is an over-active condition of the sebaceous glands. The skin appears thick and coarse and shiny, and the pores are usually prominent.

Vigorous massage daily should follow the use of hot towels. A simple cream should be used, followed by hot and cold towels and one of the wrinkle lotions be applied twice daily. Creams with wax should be avoided, as they help to clog the pores still more, thus adding to the trouble. Some of the astringent lotions referred to in the treatment of blackheads usually help to reduce the pores. The treatments are usually of several months' duration, and given daily to make the skin what it should be.

FOR COARSE SKIN

B	<i>Pulverized Camphor</i>	20 gr.
	<i>Powdered Talcum</i>	½ oz.
	<i>Oxide of Zinc</i>	2 dr.
	<i>Starch</i>	2 "

FOR OILY SKIN

B	<i>Rose Water</i>	45 gr.
	<i>Sweet Almonds</i>	8 "
	<i>Bitter Almonds</i>	2 "
	<i>Benzoate of Soda</i>	¼ "

An astringent cream that bleaches and softens some coarse skins is the following:

B	<i>Milk of 50 Crushed Almonds</i>	
	<i>Rose Water</i>	1 pint
	<i>Alum</i>	½ ounce

Strain through fine cheese cloth, and dab on a skin that is inclined to large pores, after having squeezed out any blackheads.

AN ASTRINGENT LOTION FOR LARGE PORES

B	<i>Rose Water</i>	6 oz.
	<i>Elder Flower Water</i>	2 "
	<i>Tinct. Benzoin</i>	½ "
	<i>Tannic Acid</i>	10 gr.

ANOTHER ASTRINGENT LOTION FOR LARGE PORES

B	<i>Alcohol</i>	12 gr.
	<i>Tinct. Benzoin</i>	2 "
	<i>Liquid Borax</i>	2 "
	<i>Balsam of Judea</i>	5 drops

BLACKHEADS.—This unsightly affection of the skin is one of the hardest to overcome. Blackheads are not worms, but plugs of sebaceous matter retained in the lazy and inactive pores. To remove them the face should be thoroughly cleansed with hot towels to soften the skin, and the blackheads be squeezed out with the finger tips or an instrument made for that purpose. Here, too, the cleansing lotions, especially No. 2, given on page 13, will be found excellent. An astringent lotion which may be applied with good results is composed as follows:

ASTRINGENT BLACKHEAD LOTION

R	<i>Sulphate of Zinc</i>	<i>1 dr.</i>
	<i>Sulphuret Potash</i>	<i>1 "</i>
	<i>Rose Water</i>	<i>4 oz.</i>

Mix and after shaking apply once daily with absorbent cotton. If the case is of a chronic nature the following ointment may prove of value:

BLACKHEAD OINTMENT

R	<i>Salicylic Acid</i>	<i>6 dr.</i>
	<i>Benzoinated Lard</i>	<i>2 oz.</i>

*OR***BLACKHEAD OINTMENT**

R	<i>Vaseline</i>	<i>30 gr.</i>
	<i>Oxide of Zinc</i>	<i>7 "</i>
	<i>Ergotine</i>	<i>3 "</i>

Mix into a smooth paste and apply to parts after the steaming process once daily, or massage the skin with green soap, tempering its severe action by bathing freely with rosewater.

Here is about the best formula for the green soap, if you wish to make it yourself:

GREEN SOAP

R	<i>Potash or Green Soap</i>	<i>10 parts</i>
	<i>Sulphur Precipitate</i>	<i>10 "</i>
	<i>Naphthol</i>	<i>1 "</i>

The following two formulas are found to produce good results in some cases:

FOR BLACKHEADS

R	<i>Rosewater</i>	<i>2 oz.</i>
	<i>Glycerine</i>	<i>½ dr.</i>
	<i>Tincture of Camphor</i>	<i>½ "</i>
	<i>Precipitate of Sulphur</i>	<i>½ "</i>

*OR***FOR BLACKHEADS**

R	<i>Potassium Carbonate</i>	<i>½ pd.</i>
	<i>Acetone</i>	<i>1 pt.</i>
	<i>Alcohol</i>	<i>2 qt.</i>
	<i>Glycerine</i>	<i>1½ qt.</i>
	<i>Water</i>	<i>1 gal.</i>

MILIUM.—This peculiar blemish, commonly called whiteheads, as contrasted to blackheads, is ignored by some as a thing too trifling to treat, and indeed the appearance of milium is in many cases of so slight a character as to be hardly noticeable. Milium may be described as a series of minute elevations in the skin, white, or gray, or yellowish, which vary in size from a pinhead or less to a third the size of a rice grain. Occasionally these projections actually resemble small grains of rice. They may be found on any part of the face, but are most frequently just below the eyes, and their size for years may remain the same. It is only when they get numerous or grow large that they can be deemed a special disfigurement. Exactly what causes them is a puzzle. The proper way to treat them is to open each with a very fine lancet and by gentle pressure expel the contents. Be sure that your lancet is sterilized, and after you have pressed out the contents, although this condition hardly constitutes a disease, and may be quite a natural one, it is well to use a little peroxide of hydrogen on the part treated.

RINGWORM.—This affliction, which, however, the facial operator is not likely to be called on very often to treat, can be dispelled by a treatment exceedingly simple. Paint the part every other day with a camel-hair brush dipped in decolored tincture of iodine until cured.

CHAPPED LIPS.—A simple, easily made remedy is a combination of mutton or lamb tallow and camphor. Melt a piece of gum camphor about the size of a walnut with two ounces of the tallow. Keep in a porcelain or glass jar.

This is also good for chapped hands.

SUNBURN.—This painful inflammatory condition results from undue exposure to the sun. The patron should not receive massage until the irritation of the skin subsides, but treatment of a cooling nature such as mild glycerine and rosewater lotions should be applied. Glycerine and witch-hazel usually act beneficially.

A cooling massage cream without wax or the employment of white vaseline or benzoinated lard, as prescribed by the United States Pharmacopoeia, gives comfort.

After the skin begins to scale off gentle massage may be followed with the application of a pure cream, leaving sufficient on at night to keep the skin soft and cool. A good powder may then be used to protect the new and delicate skin from the elements until entirely restored.

While it is well enough to treat sunburn, it is of value to know how to prevent it. A delicate cream, like the sweet cream from milk or a rosewater cream (cold cream) without wax, as has already been referred to, rubbed on the skin before going into the hot sun, is the best safeguard. Over the cream a cooling face powder should be dusted on. Those powders having coloring matter, especially the brunette, are most suitable for this purpose. Over this veils of blue or red should be worn to counteract the piercing rays.

For those whose skins burn very readily the following lotion should be applied to the skin thoroughly and allowed to dry on:

CALAMINE LOTION

R Calamine Powder	20 gr.
Oxide of Zinc	½ dr.
Glycerine	½ oz.
Lime Water	6 dr.
Rose Water to make.....	4 oz.

Mix the powders with the glycerine into a paste and add the lime and rosewater. Shake well before using.

The use of this mixture leaves a powder upon the skin which acts as the protective agent. No face powder need be applied over it.

For the hands the same methods as for the face are to be used. Open-work silk gloves are to be avoided, but gloves of even weave and solid texture should be worn. To wet the hands and allow them to dry in the sun is a sure way of producing not only painful burns, but also large and ugly freckles and discolorations.

FRECKLES AND TAN.—Freckles and tan are the result of pigmentation brought to the skin by the action of the sun or wind. They can be readily removed, but will appear again if the skin is exposed. Bleaching agents remove them, of which the following are good:

FRECKLE AND TAN LOTION

B	Lactic Acid	1 oz.
	Glycerine	1 "
	Rose Water	6 "

OR

FRECKLE LOTION

B	Rose Water	2 oz.
	Oxide of Zinc	½ "
	Glycerine	½ dr.
	Oil of Rose.....	6 drops

Mix and apply to the face with absorbent cotton two or three times a day.

For summer freckles the following simple mixtures will often prove effective, the degree, of course, varying with various skin textures.

They are to be dabbed on with a bit of cotton or a soft rag or sponge or a camel-hair brush, several times a day, if possible.

B	Peroxide	1 oz.
	Ammonia	1 "

OR

B	Peroxide	$\frac{1}{2}$ wine glass
	Witch Hazel	$\frac{1}{2}$ wine glass

OR

B	Rose Water	$\frac{1}{2}$ wine glass
	Ammonia	6 drops

OR

B	Glycerine	1 oz.
	Lemon Juice	1 "

For winter, or strongly intrenched freckles the following is effective:

B	Bitter Almonds	$1\frac{1}{2}$ dr.
	Blanched Jordan Almonds.....	$\frac{1}{2}$ oz.
	Sol. Bichloride of Mercury (1/1000)...	6 drops
	Distilled Water	$\frac{1}{2}$ pint

Apply with camel-hair brush; keep away from the eyes; allow to remain on five minutes, and wipe off with soft cloth.

Another suitable but poisonous lotion which should not be allowed to get into the eyes is made as follows:

MERCURY FRECKLE LOTION

B	Mercuric Chloride	7 gr.
	Zinc Sulphate	90 "
	Almonds (blanched)	60 "
	Rose Water	8 oz.

Make an emulsion with the almonds and rosewater. Dissolve the mercury therein and add the oxide. Shake well before using and apply with cotton once daily. If it irritates skip a day.

The same lotions as for freckles are used to eradicate tan.

To prevent the reappearance of the freckles, before exposure to the sun and wind, use a little cream on the skin and cover with one of the face powders. On very hot days wear a red or blue veil. Freckles are much

rarer among brown-skinned individuals and races than among the blond.

LIVER SPOTS AND MOTH PATCHES.—These unsightly spots of yellowish brown and brown appear on the face, arms and hands, and do not respond to freckle lotions readily.

The pigmentation here is deeper and harder to reach. A direct application is necessary. A capital lotion applied to the spots once daily with a little bit of cotton wound around a tooth-pick is made as follows:

LIVER SPOT ERADICATOR

B	Bichloride of Mercury	7 gr.
	Acetic Acid Dilute	2 dr.
	Borax	20 gr.
	Rose Water	4 oz.

Mix and apply as directed. If the spots become irritated and scaly, skip for one or two days. Lighter blotches or spots may respond to the daily use of peroxide of hydrogen, in full strength.

WARTS.—These ugly excrescences are likely to appear on the handsomest faces. They sometimes, but very rarely disappear of their own accord. The electric needle will remove them, as described fully in the course on Electrolysis. The internal use of a tablespoonful of lime-water twice a day will often give good results, especially when the warts appear on the hands of young persons.

The careful daily application of glacial acetic acid with the point of a tooth-pick will sometimes cause them to disappear, but the healthy skin must not be touched therewith since it will cause ugly sores and consequent scars in the skin.

The external use of a stick of lunar caustic, carefully applied, will gradually kill them off. The warts turn

black after the application. This black covering is to be peeled off and the caustic again applied in a few days, repeating the process until the wart disappears.

The two latter methods are liable to leave small white scars where the warts have been.

The following has been found in skilful hands to be a highly effective

WART AND MOLE REMEDY

B Ferri Chloride of Iron.....	2 oz.
Tincture Chloride of Iron.....	1 pt.

Mix and put in glass bottle with glass or rubber stopper. Apply to the wart by dipping a tooth-pick into the mixture and dabbing it on the wart, without pricking it. Be careful to protect the tissue surrounding the wart from the iron mixture. This can be ensured by covering it with a piece of paper or adhesive plaster. After applying the mixture to the wart for a few minutes, dip a bit of absorbent cotton in the best cider vinegar and squeeze a drop slowly on the wart. It is better to make this iron application very lightly the first few times one performs this operation, for the iron might eat too deep. When skill has been gained by experience, one application will suffice; the wart will blacken and drop off soon.

This same application can be used for a mole; but, in the case of a hairy mole, it will not kill the hair. That must be extirpated by electrolysis, either before or after, preferably after.

SCARS AND SMALL-POX MARKS.—Scars are difficult to eradicate—children usually outgrow them. Sometimes a large scar can be made much smaller by surgical means, and in some cases the scar tissue can be broken down and the appearance very much improved by electrical means. This is fully described in the book on Electrolysis.

BIRTHMARKS.—We would not advise an attempt to treat a birthmark. Where the mark is rough or raised, facial surgeons have had considerable success—but birthmarks that are smooth and well implanted into the skin and flesh yield very slowly if at all to treatment, and should not be touched except by an experienced physician. What can be done for their eradication is described in the book on Electrolysis.

Superfluous Hair.—Hair growing where it is not wanted is not easily persuaded to disappear. Shaving it off as men do from their faces has never been popular with women, though many more women than most of us realize do shave themselves. Superfluous hair on the face, arms or hands can be removed with so-called depilatories. Their use is similar to the use of a razor and they effect simply a temporary removal of the growth, requiring a constant use of the mixture as the annoying hairs reappear.

When such a mixture is required the following is readily prepared:

DEPILATORY.

R	<i>Strontium Sulphide</i>	¹	<i>dr.</i>
	<i>Zinc Oxide</i>	¹	"
	<i>Powdered Starch</i>	¹	"

These ingredients to be thoroughly mixed and kept in a tightly corked bottle.

To use: Mix a small quantity of the powder with water to make a thin paste; spread this upon the parts to be rid of hair and allow to dry on for five to ten minutes, then scrape off the dried paste with a spatula or a dull knife blade.

As the paste is removed, the hairs will come away with it, leaving the skin perfectly clean.

A little cold cream should be rubbed on the parts

after the skin has been gently washed off with water or a pledge of absorbent cotton. A slight amount of the cream is allowed to remain on the skin.

HAIR DISSOLVER.

R	<i>Sodium Sulphide</i>	<i>4 oz.</i>
	<i>Distilled Water</i>	<i>1 qt.</i>

Dissolve the sodium in the water and keep well corked and away from the light.

Apply to the hair without rubbing and wipe off in not over two minutes.

But the only way to remove permanently these abnormal hairs is by the use of electricity in the form of Electrolysis, which is thoroughly illustrated and explained in the book "Beauty Culture."

CHAPTER IV.

PHYSIOLOGY OF FACIAL MASSAGE.

Scientific vs. Unscientific Massage—Distribution of the Facial Muscles.

"THE term *massage*," says Dr. H. G. Wood in his "Therapeutics," "is used as the generic name for external manipulations which are employed for the purpose of affecting the nervous and muscular system and the general circulation." This implies that a knowledge of the structure of the parts affected must be obtained before the operation can be conducted properly. Especially must the position of the muscles and the direction in which their fibres extend be known in order that the manipulation may be beneficial. Yet of all the persons claiming to give massage, especially of the face, only a small percentage possesses the faintest trace of this knowledge, or even realizes that it is necessary. They are merely "skin-rubbers," producing no beneficial result beyond the slight increase of the circulation in the skin, and doing positive harm to the muscles by distorting the natural lines of their development.

Massage is of high antiquity, as indicated by the etymology of the word, which is derived through the French *masser* from the Greek *massein*, meaning "to knead." Not only in Greece and Rome, but in ancient Persia, India, and China it flourished as a curative process and as a form of gentle exercise for invalids.

Our progress in knowledge of the relations between the functions of different bodily organs has raised mas-

sage almost to the rank of an exact science. But still it is an art, for into it each well-taught operator can infuse individuality and can thus achieve a special personal skill in it that makes and keeps patrons.

Massage has been found to be the best means to restore the contour of a withering face and a drooping complexion. By its means the skin is cleansed of retained sebaceous matter intermingled with dirt and infective germs that cause inflammatory skin lesions, such as pimples, blackheads, discolorations, shrivelling and premature wrinkling, and at the same time a new life is given to the sluggish circulation with a persistence that eventually builds up the sunken hollows and produces a healthy glow and texture.

Massage must, however, never be depended upon alone. Any physical faults that tend to lower the vitality of the body must be corrected as well, and habits that lead to lowered states of the system must be avoided and in their place outdoor exercise, physical culture, and proper and regular eating are to be insisted upon.

Above all, the masseuse must insist upon the discardance of all unwholesome means used to make the face appear natural. Nearly all cosmetics eventually lead to complete ruination of the texture of the skin. Besides, they generally make even a very fine-featured face look vulgar, and the user's social status is apt to become a subject of suspicion.

Furthermore, the use of external applications to the skin to cure it of discolorations and other blemishes is rarely sufficient to effect a satisfactory result. Such may seemingly mitigate conditions or improve the looks for a time, but their value is ephemeral, even when they are not decidedly harmful. Massage should always accompany the treatment to obtain permanent results.

The fault on the other hand of many physicians and skin specialists has been to prescribe only internal remedies or perhaps a combined internal and external mode of treatment, leaving it to the patient to attend to the application of such lotions as are given. It is needless to say that failure results in most of such cases, since the patient does not understand the actual object of the medicines to be applied to the skin or the method in which they are to be applied. So she becomes quickly discouraged, only to go to another and still another physician with the same outcome.

It is in the power of the masseuse to satisfy these patients, and, thanks to progress, patients are beginning to learn this fact.

Not only can the operator dispel the affliction of the skin, wherever it may be, but can also restore the health and beauty of a hideous skin, give a graceful contour to the shrunken parts of the face and make an anxious patient happy.

Thoroughly to prepare the operator for the fulfilment of her duties it is well to enter upon a systematic consideration of the treatment and massage of the face, for without a knowledge of the structure and function of its muscles much harm can be done.

Accordingly the author has prepared a diagram showing the distribution of the muscles of the face and the direction of their contraction (see Figure 104).

The arrow heads drawn along the lines of the muscles show their directive function or action. With a little study of this picture it will be seen that each muscle is attached at its two ends; and a little reflection suffices to show that these muscles contract or shorten on themselves so as to bring these ends nearer together.

It is understood that both sides of the face are alike

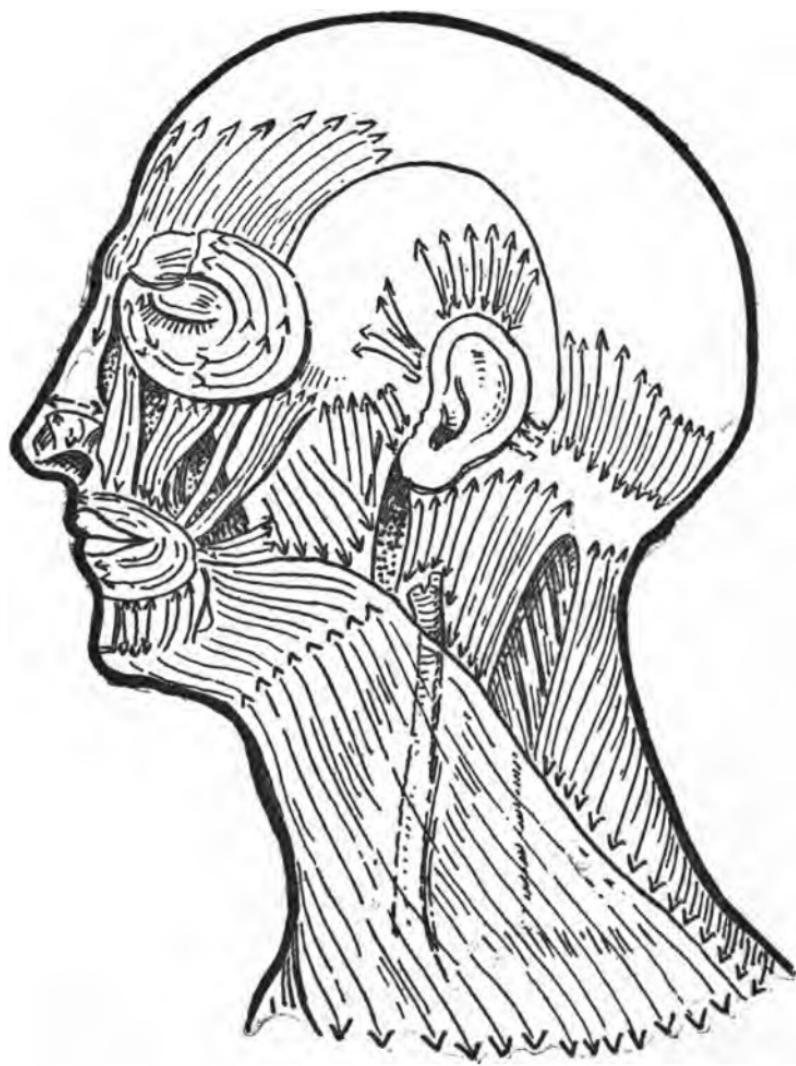


Fig. 104

**THE MUSCLES OF THE FACE AND THE DIRECTION
OF THEIR CONTRACTION**

in health, or are very nearly so. Slight differences are remarked in every person, due to hereditary causes, chewing on one side of the mouth, speaking incorrectly from the mouth to one side, wiping the nose to one side always, habitually laughing more on one side than the other, and other acquired causes of facial deviation, not to include differences caused by disease of the nerves and muscles.

These muscles of the face are as prone to relaxation and consequent flabbiness as any other muscles of the body, hence a sagging of the cheeks, a double chin, etc., etc.

On the other hand, the improper and persistent use of a muscle will strengthen it and cause abnormal development with consequent obliteration of fat and wrinkling of the skin near it as in the frown or the lines at the outer angle of the eye called crow's feet.

Wrinkling in general may therefore depend upon an unnatural use of the muscles, but also upon a lack of this use, with the result that the muscles become flabby, sinking below their natural level, and allowing the skin to fall with them, thus causing hollows, furrows and folds.

It is well known that exercise strengthens faculty, and this applies particularly to muscular structure. Care should be taken, however, not to over-exert a muscle or group of muscles since that leads to the same fault as inactivity. A muscle is built up by gentle systematic massage and rendered entirely useless by rough unnatural manipulation. Furthermore, without a knowledge of the use of any muscles, the incorrect massage thereof will result in a continuation of the fault and only go to lengthen it instead of shortening it, or, in other words, improving its contractile power.

CHAPTER V.

GENERAL FACIAL MASSAGE BY HAND.

General Instructions—Massage Cream—Vacuum Massage—Cautions.

MASSAGE should be given regularly and for a given period of time at each sitting. A single massage treatment a week does little good. The best results are attained by giving at least three treatments a week for two or three months. A half hour's work includes preparation, washing, massaging and the application of the necessary creams and lotions.

Massage, if properly applied, improves the skin greatly by increasing the sluggish circulation, emptying out the occluded pores of harmful secretions, gives tone to the skin itself through the agency of proper exercise so commonly neglected by many persons, and finally builds up the lazy, tired and unused or wrongly used muscles of the face. Merely by improving the circulation many skin troubles can be overcome because the pores are forced in this way to receive better blood and by the movement of the skin to throw off poisonous secretions not removed by ordinary means of cleansing.

To prepare a patron for massage, begin by presenting yourself as cleanly and attractive as possible in simple dress and protective apron of white material. The hands should be hygienically clean, the nails manicured and their edges slightly shorter than for social purposes, as they are apt to scratch the skin. There should be a reclin-

ing chair so placed that the light will fall upon the patron's face from over the forehead down, yet not so that the operator will stand in her own light. A side light is always satisfactory. A direct light into the face of the patron is objectionable.

The proper chair is one with leather cushions, adjustable from a sitting to a reclining position with a head-rest if possible. This latter fixes the head and is particularly useful, when slight pain is caused in opening pimples, etc., in preventing the patron from pulling her head away.

Fresh laundered towels of soft texture should lie within easy reach. Satisfactory porcelain or movable wash-basins of white agateware are needed. The fixed basin should be supplied with hot and cold water. Two movable basins are necessary if the fixed basin is not supplied with hot and cold water. A small table should stand to the right of the head of the chair upon which the towels, bottles of lotions, cream jars, absorbent cotton and other needed things are placed. The patron is now laid into the chair with her head about the height of the operator's elbows. A clean towel is pinned around her hair, the pin in front just at the hair line of the forehead. This prevents the wetting and greasing of the hair. Another towel is placed over the chest; closely tuck this about the neck to prevent soiling of clothing, and have plenty of hot and cold water handy.

Immerse two towels in the hot water just hot enough not to feel uncomfortable to the hands. One is wrung out fairly dry and is placed upon the face of the patron, giving space for the nose to allow breathing. Let this remain on a minute while preparing the second towel as the first. Remove the first and apply the second. Repeat this until ten or twelve towels have been used on the

face, using, of course, only two towels, the one taking the place of the other.

This softens the cuticle, brings the blood to the skin and softens the oily or fatty plugs in the pores. Then dry off the face with a soft towel, mopping or gently rubbing upward, or lay the towel on the face and rub the towel.

The operator is now ready to massage. To have the fingers glide easily over the skin a little pure almond oil or pure white vaseline is smeared on the skin or over the inner side of the fingers and palms of the operator. Too much oil or cream spoils the effect, since it makes the fingers slip too easily.

Now stand back of the patron, place the fingers of both hands upon her cheeks with the tips of the fingers a little beyond the chin and draw your hand upward, using gentle pressure with the tips only.

Make this movement an upward and backward one, so that at the end of the stroke the finger tips will be at the hair line over the temples. Repeat this movement with the fingers of both hands at once for about twenty strokes.

Then begin another series of strokes in the same position, but now make the finger tips form circles about as big as a half dollar, upward and around one line of circles above the other until the forehead is again reached. Repeat these movements five or ten minutes, always using gentle upward pressure.

This finished, take up the forehead. Place the tips of the fingers so that they meet at the centre above the eyebrows and move them outward and upward to the temples for a given number of strokes. The circular movement is then taken up as before described. Always remember that in this method the tips must press most as

they pass upward. Never rub downward toward the eyebrows or inward from the temples toward the middle of the forehead; and remember that only after the direct rub should the light, rapid, rotary movement be used. This can begin at the corners of the nose on the cheek, or at the chin, and the massage should be upward and outward as far as the corners of the eyes, repeated several times. Then above the eyes between the eye and

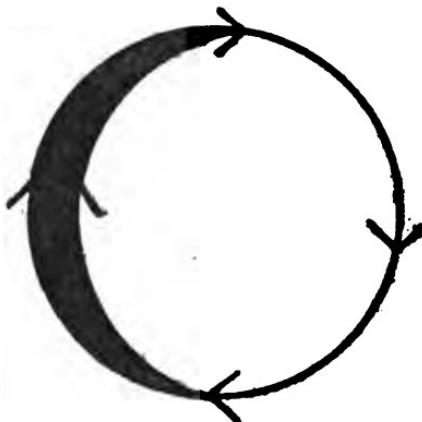


Fig. 105
DIAGRAM OF MASSAGE PRESSURE

eyebrow, placing one thumb on lower lid and the other just below the brow. *Avoid the eyeball.* The above circle (Figure 105) will give the idea best perhaps. Where the curved line is thick most pressure is used; that is, going upward; and when thin, the least possible pressure; that is, downward.

Then, before massage of the chin, place the hands so that the finger tips meet in front under the chin, and draw them backward and upward toward the back of the ear. On the neck the fingers are drawn backward until they meet at the middle of the neck. Better to

accomplish this, the patron may be allowed to sit up. Repeat these movements as on the face; follow with the circular movements. Now a word as to the force to be given to the finger tips. Never press hard, never hurt the patron. Use force enough to stimulate the skin, to exercise it and not to bruise it. Hard pressure drives away the fat from the face, thus spoiling the contour or smooth outline so much desired. Instead, hard massage hardens the muscles and makes them stick out like cords, stretches the skin and produces wrinkles—the very things you want to overcome.

If the patron's face be sallow and thin or sunken, a slight pinching with thumb and first finger, or thumb and first two fingers, when the operator's fingers are very tapering, will help much to stimulate circulation and bring the cheeks out. Do not do this more than two minutes the first time and work up gradually to five or six. The same delicate pinching process under the chin, if well done, helps to remove or to prevent that unsightly accumulation called a double chin. In this, massage from the neck upward toward the chin and outward toward the base of the ears. Never downward. That would tend to increase the deformity.

The face now having been massaged in the manner described in a general way, it is again cleansed with several hot towels, followed by several wrung out in cooler water, softly dried and a proper cream thinly applied. A pure cream is necessary and the following is satisfactory with healthy skins:

MASSAGE CREAM

B	Elder Flower Water	4 oz.
	Almond Oil	4 "
	Spermaceti	1 "
	White Wax	1 "
	Tincture of Bensoin	1 dr.

Gently melt the wax, spermaceti and almond oil together in an earthen pot until every sign of the wax has disappeared. Then stir with a glass rod, mixing the three parts thoroughly. Stirring quickly, now pour the elderflower water into it in a fine stream. Continue to stir to get the creamy appearance and finally add the tincture of benzoin. Allow to cool gradually; put up in wide-mouth porcelain jars and cork tightly. Screw-caps on the jars are best.

Use only enough cream to moisten the skin or so it will hold the powder next applied. One of the powders described on page 13 is satisfactory. Remove the towels from the head and about neck, concluding the treatment.

Other recipes for massage creams will be found on page 12.

VACUUM MASSAGE.—As an assistant to massage by the hand an instrument embodying the principle of vacuum massage may be employed, especially when treating sunken or shrunken parts of the face. There are a num-

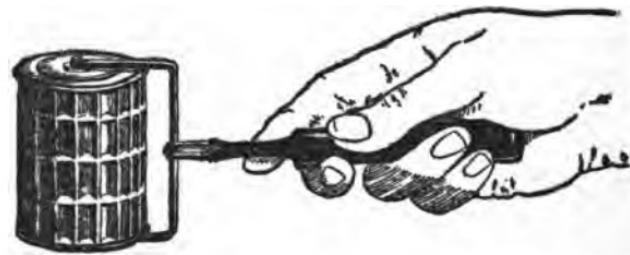


Fig. 106
VACUUM MASSAGE ROLLER

ber of forms of this mechanism, but all are based on the cupping idea.

In Figure 106 one of these is illustrated.

It is a soft-rubber roller whose surface is indented

with rectangular depressions. Rolled over the skin, firmly and slowly, it stimulates the circulation by suction.

In Figure 107 another form of machine is illustrated.

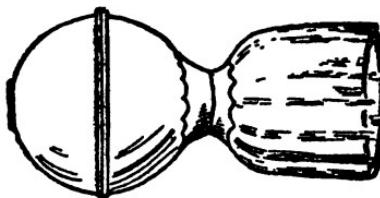


Fig. 107
VACUUM MASSAGE CUP

This consists of a glass cup inverted and surmounted by a soft-rubber bulb with which it is connected by an air passage. By squeezing the bulb, placing the mouth of the cup on the skin and releasing the bulb, the skin is sucked up in a circular section, and the blood drawn to it. The cup is then slowly pulled from off the skin in an upward direction. This is repeated over the entire surface needing massage. The action is more constant and prolonged than in the rolling process. Neither of these machines should be employed exclusively or without a controlling conjunction of hand massage. In other words, they should be adjuncts, not principals.

Used in alternation with the delicate pinching and striking processes by hand, vacuum massage helps to round out the contour of some faces more rapidly than simple hand massage alone—and to do this more evenly, for the reason that the force is more evenly applied and distributed.

For exceedingly delicate "rose-leaf" skins it is not recommended, as it might tend to make them too ruddy, but for sallow or muddy skins this drawing of the blood supply to the surface is beneficially effective.

The cheeks and neck furnish its chief field for operation, and it should not be employed if there happen to be any hard sore spots or lumps or sores of any sort.

Used in moderation, it aids in cleansing a skin that has been washed in warm water and pure soap, by drawing foreign matter out of the pores, in addition to its stimulation of the circulation which makes the cleansed skin perform its natural excretory functions more freely.

Vacuum massage is also employed for bust development in the book on Development.

CAUTIONS.—In giving massage, the trained operator will finally come to know the muscles and nerve network of the face as an expert pianist knows the keyboard of a piano, and, following out the simile, will understand, by that familiarity the operations of which are like those of instinct, just when and where to give pianissimo touches and fortissimo strokes.

But as for the latter, always bear this point clearly in mind: While massage in some cases and places may properly be vigorous, it must never be rigorous. The proof of its beneficence is a sense of refreshment on the part of the patient. Soreness or weariness is a wrong result.

Pay no heed to those blind leaders of the blind who confidently tell you in the newspapers that over-fat cheeks, pendulous chins, or thick and flabby necks must be pounded by lead balls or cannonaded away, as it were.

These violent methods are fit only for barbarians, True artists attain their objects by gentle means in the beginning, increasing in vigor by easy gradations, but never rising to severity.

None of the massage motions should be continued so long as to drag the skin or set it at odds with its under-

lying muscles. Some of the old-time hit-or-miss operators used to have a jargon about "ironing" the wrinkles out of the skin. They ironed more into it than they ever ironed out.

Wrinkles are often caused, not alone by years or special worry, but simply by an atrophy of the muscles underneath from lack of sufficient exercise. Never maul these muscles by pounding. Tapping and soft pulling, along the line of tension, not athwart it, is all that should ever be done. For, whatever the cause of the wrinkles, the task is to rebuild their underlying muscles to pristine size and power—not to batter them flatter still. This may require, in some instances, delicate and patient manipulation day after day and week after week before definite results begin to appear.

Where the wrinkles are not of long standing, the task is generally much easier. Where they are just beginning to show, a few treatments will suffice to convince the patron of your ability to coax them away.

When this has been accomplished, you must impress upon the patron the sensible notion of taking two preventive treatments each week, in order to keep them away. And, besides the preventive treatments, which your scientific skill enables you to give, it is well to make the patron understand that she or he must co-operate with you by avoiding those irregularities which invite a return of the disfigurement, and particularly by cultivating a sunniness of temper, or acquiring the priceless mental habit of looking on the bright side of things.

CHAPTER VI.

REGIONAL FACIAL MASSAGE BY HAND.

Cheek Massage—Tissue Food—Wrinkle Lotion—Under Eye Massage—Nose Massage—Mouth Massage—Temple Massage—Forehead Massage—Chin Massage—Ear Massage—Neck Massage.

To undertake regional massage or the upbuilding of parts of the face or improvement of the skin of such parts, the student is referred first of all to the muscular structure of the parts and the direction of action in them shown in diagram on page 37.

The operator, being ready to proceed, may take up a regular way of massaging the face; may begin with the cheek or the forehead, etc., but perhaps the following order will be found most practical:

- | | |
|---------------------|------------------|
| First, cheeks. | Fifth, temples. |
| Second, under eyes. | Sixth, forehead. |
| Third, nose. | Seventh, chin. |
| Fourth, mouth. | Eighth, ear. |
| Ninth, neck. | |

In massage of the cheeks, consider first what is necessary to do. Are the cheeks drooping and saggy or too prominent and puffed? In one case the cheeks are to be nourished and strengthened; in the other the fat is to be removed.

SUNKEN AND WRINKLED CHEEKS.—Given then a pair of sunken cheeks, drooping with signs of jowls, proceed to massage in the direction of the lines shown in Fig-

ure 108. The three lines show the upward path of the fingers.

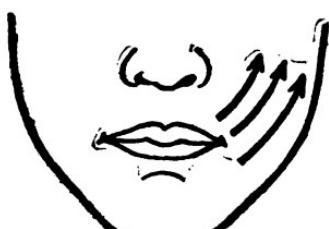


Fig. 108



Fig. 109

Follow this with the circular movements as shown in Figure 109.

If the parts are poorly nourished, the usual thing in such cases, you must aid the upbuilding work by using a tissue-builder like cocoa-butter or tissue food, a cream of high nourishing value, a little of which is massaged into the parts with the palms of the hands in circular movement at each sitting. It is understood of course that the health of the patron is looked after internally as well.

Perhaps the best tissue food to help build up poorly fed parts is pure cold-rendered leaf lard. It absorbs readily, is cheap, clean and can be had at all times. For the purpose it may be perfumed with any of the essential oils. The following is a fine preparation:

TISSUE FOOD

B Lanolin	1 oz.
Pure Leaf Lard.....	1 "
Boric Acid	3 gr.

This is mixed together into a smooth paste, and a quantity the size of a hazel-nut is rubbed into each cheek daily. This procedure may follow a general massage of the face or be rubbed in with the palms of the hands

moved in a circular way directly after the use of the hot water towels which have opened the pores of the skin and made them ready to absorb fatty matter. Give the patron some to use at home, if not taking daily treatment.

When the cheeks show less flattening or do not require the use of tissue food, massage should be resorted to alone, using the massaging cream, and if the skin shows a tendency to wrinkle, the use of a wrinkle lotion is advantageous.

This lotion is best applied at home daily after the evening wash, when cream and powder are not necessary. The lotion is daubed on with absorbent cotton and allowed to dry on skin and remain over-night.

WRINKLE LOTION

B	<i>Alum (powdered)</i>	1 dr.
	<i>Milk of Almonds</i>	1½ oz.
	<i>Rose Water</i>	6 "

Dissolve the alum in the rosewater, and while stirring add the almond milk. Another mixture is made of:

B	<i>Tannin</i>	30 gr.
	<i>Glycerine</i>	2 dr.
	<i>Rosewater</i>	1 oz.

Dissolve the tannin in the rosewater and add the glycerine. This lotion is applied at night with a small piece of absorbent cotton and allowed to dry on. These wrinkle lotions can of course be applied to any part of the face or neck. It is understood that they help to remove the wrinkles only when coupled with faithful massage. When occurring in elderly patrons little can be done but to improve the lines generally, although a process termed face-skinning may be undertaken.

FAT OR PUFFED CHEEKS.—The fault here is an over-production of fat which can be readily removed with massage. Having too much fat, it is of course not nec-



Fig. 110



Fig. 111

essary to mention that as little cream is used as possible; in fact, just enough to permit the movement of the finger tips over the parts. The pressure can be heavier and the treatment prolonged to a degree that tends to wear down the surplus fat. The movements, stroke and direction are shown in figures 110 and 111.



Fig. 112

UNDER EYE MASSAGE.—Massage of this part of the face is usually employed to remove laughing wrinkles or lines, the result of bagginess under the eyes, a fault that is not so easily corrected because there is so little

muscular tissue below the thin skin. Persistent and daily massage, using the finger tips of the index fingers only, will, however, give good results. One of the wrinkle lotions may be used also. The movement of stroke is the most successful. Its direction is shown in Figure 112.

The pressure used here is somewhat gentler than that used with any other part except the ears. Circular movements may also be tried, but here the circles are made to unite in a spiral form as shown in Figure 113.



Fig. 113

The pressure of the spiral is made in a semi-circular upward and downward direction.

NOSE MASSAGE.—The nose generally needs less massage than any other feature, its skin being practically fixed on the bone and cartilage. Use thumb or thumb and forefinger with a rotary motion to a point just above inner corner of eye. Take care to cleanse thoroughly the natural wrinkle on both sides, a place where dirt collects.

MOUTH MASSAGE.—The massage about the mouth includes both upper and lower lips. The movements are index finger strokes as shown in Figure 114.

The build of the mouth does not permit of very efficient circular massage, but it can be done especially to remove fine lines, using the spiral direction given in Figure 115.

It is well to call patrons' attention to a frequently met habit of pursing the lips or contracting the mouth mus-



Fig. 114

cles—this should be overcome and the muscles relaxed when the mouth is in repose.

If the lips are thick and require reduction, the simple stroke movement, moving outward and upward instead



Fig. 115

of inward, as shown in Figure 116, is used. Here also is employed the use of the operation for thick lips explained on page 81.

Drooping angles at the mouth are worked upward, using the same direction as with sagging cheeks.



Fig. 116

TEMPLE MASSAGE.—The best individual movement here is the circular made with the second and third fingers, although the stroke massage for cheeks is used first. The movement in the former is shown in Figure 117.



Fig. 117



Fig. 118

The same movement used lower down over the outer corner of the eyes helps to remove crow's-feet.

FOREHEAD MASSAGE.—Here there is usually a frown to overcome. This is to be worked from the centre, ra-

diating upward and outward somewhat in the shape of a palm-leaf as shown in Figure 118.

For transverse lines of the forehead the direction of massage is outward from the centre to the temples as shown in Figure 119.



Fig. 119



Fig. 120

The outward circular movement is also used here with advantage, being carried out as shown in Figure 120.

CHIN MASSAGE.—Much can be done to reduce a heavy or growing double chin. The pressure used should be quite hard beneath and gentler in front of it. The best movement is the stroke in either case as shown in figures 121 and 122.



Fig. 121



Fig. 122

Massage very heavy chins somewhat heavily beneath the jaw. Absorbent cotton, saturated with the wrinkle lotion and held in place by a strip of muslin, should be worn during the night. Chin straps, worn at night, also

help to check the growth of fat both by pressure and sweating. These are caps of knitted cotton or silk made to fit the chin with tapestrings or wide rubber bands tied under the chin and over the head. Further instruction for the prevention and treatment of double chin is given in book on "How to Get Thin."

EAR MASSAGE.—Into the inner curves of the ear the fingers cannot easily go. These ought to be gently rubbed with a small orangewood stick on which wind a small cap of absorbent cotton. A drop of olive oil on this is both pleasing and beneficial. Then take that part of the ear in front of the lobe and just above it, using first the tip of the forefinger, with an upward movement and a slight pressure inward toward the skull. When the forefinger reaches the beginning of the upper curve, use the thumb with it, following up and around and down very gently to the tip of the lobe. Never manipulate the ear outward, but always toward the skull. Never rub the lobe up. Ear massage should be the most delicate of all.

NECK MASSAGE.—The skin here is usually very loose, requiring many treatments to get good results. Stroke the parts with the finger tips meeting in front, at the middle of the throat under the chin and drawing them with part of the applied palms as well, backward and upward toward the back of the ears. Follow with the circular movement often repeated, using all three fingers, both sides at once. Sometimes use of one of the tissue foods helps much to again round the drooping wrinkled skin.

CHAPTER VII.

VIBRATORY MASSAGE.

Mechano-Vibratory Massage—Electric Vibratory Massage—Applicators—Effects of Vibratory Massage—Cautions.

HERETOFORE facial massage has been considered chiefly as given by the hand. While this method is doubtless the best of all in the management of an expert who can apply his or her art to each part of the face under treatment, there is much in vibratory or mechanical massage to commend these methods, also, even to an expert, for occasional use.

Vibration, effected by mechanical means, may be given almost as gently, almost as carefully, as by the well-trained human hand, or it may be so carelessly and recklessly applied as to seriously injure the patient.

Its efficiency lies in the fact that the individual space treated in regional massage is of small area and that the movement—a gentle or a medium-strong concussion of circular nature, helps more rapidly than by hand to restore the relaxed tissue to a normal tone by increasing the blood supply of the part, and by causing passive movement of lazy muscles or those that have undergone fatty degeneration.

Furthermore, the massage thus applied is more even, more regular, than that given by the hand, and is less tiresome to the operator, who may be called upon to

treat such a number of cases in a single day, as would, if treated with honest thoroughness, be likely to tire out a practitioner.

The vibratory instruments mostly in use hitherto have been those operated with an electrical current, but now the merely mechanical, percussive kind appear to be gaining favor, possibly because a great many persons are still afraid of electricity; although no direct contact of electricity is involved in the operation. Probably the rise in favor of the non-electric vibrators is due more to their simplicity and cheapness, since the very best electric vibrators are initially expensive, and—another point to be considered—are not easily transported. Besides, there is always the chance that even a very skilful operator may be suddenly inconvenienced by his electric vibrator getting out of order or the source of supply of his current being temporarily cut off.

NON-ELECTRIC VIBRATORY MASSAGE.—In vibratory manual massage (putting aside the varying factor of the amount of personal magnetism which a masseuse may be able to exert and impart) only a few hundred vibrations a minute can be given, and a speed like this, as intimated, is apt to be not only wearing on the operator, but of irregular effect on the patient.

The best non-electric vibrator attains a far greater speed with far less exertion, and maintains it at uniform rate. When the operator becomes master of the instrument he can accurately control and definitely adjust the amount of "dosage," to borrow a term from the medical vocabulary. In this it possesses an advantage over the vibrators run by the electric current.

This kind of mechano-massage is of two sorts, in one of which the plane of vibration is parallel to the surface

of the body; in the other perpendicular. The positions are illustrated in figures 123 and 124.

The operator holds the handle in the left hand and

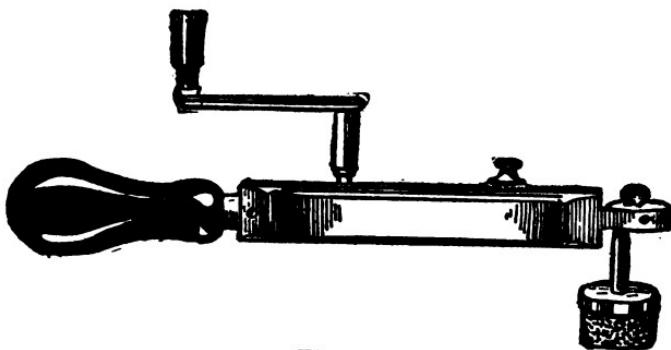


Fig. 123

PARALLEL NON-ELECTRIC VIBRATOR

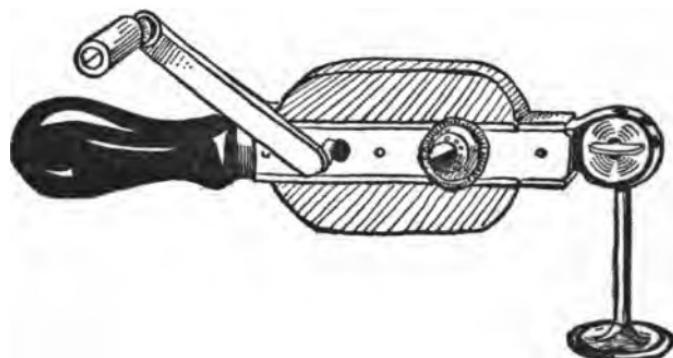


Fig. 124

PERPENDICULAR NON-ELECTRIC VIBRATOR

turns the crank with the right, applying the vibrating *pelot* or applicator, to either the bare or clothed skin of the patient.

ELECTRIC VIBRATORY MASSAGE.—The instruments giving this treatment have electricity merely as a motive

force; the current does not enter at all into the body of the patient.

The direct application of electricity itself belongs to the realm of therapeutics, and is therefore only touched upon here. That branch of science is in its infancy, the full physiological effects of electricity being not yet absolutely known. It may have after effects somewhat similar to those of frequent drug-taking. In other words, it may establish a habit, and artificial habits, when of a subtle nature, oft become fetters difficult to break as a ball and chain that a man must drag about with him till they drag him into his grave.

The famous electrician, Nikola Tesla, once told the writer that, when tired, he was in the habit of taking "an electric cocktail"; that is, of administering to himself a certain number of volts. But no direct current comes from the electric vibrator, although it seems to give shocks by the great force of the vibrations produced, especially when the operator is unskilful.

In the more expensive electric vibrator, the motor is suspended from a bracket, or stand, and the vibrator to which it is connected with a flexible shaft is held in the hand.

In the more compact and cheaper kind the motor is part of the instrument, the whole being held in the hand, as shown in Figure 125.

This instrument is not only less expensive, but gives as good service as those of larger and cumbersome size, which cost more to operate because of the higher current consumption. Another fault of the larger machines is that the motor is so connected to the vibratory mechanism that it causes friction, twisting of the shaft and often breakage of the latter, when bent at sharp angles, as often is the case.

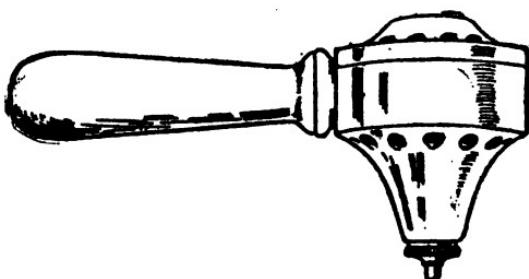


Fig. 125

VIBRATOR CONTAINING ELECTRIC MOTOR

APPLICATORS.—The vibration given off by any of these instruments, whether moved by crank or by motor, is transmitted to the face by applicators or *pelots* of various form. That most suitable for general facial massage consists of a hollow soft-rubber cone (see Figure 126).

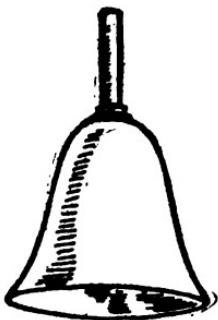


Fig. 126



Fig. 127

For this cone a sponge may be substituted (see Figure 123 on page 59)..

The face is prepared for massage as heretofore described, leaving a thin coating of massage cream on the skin to facilitate the sliding about of the rubber applicator.

The applicator should never be used on the dry skin,

as it will tend to erode or break the delicate scarf skin or epiderm.

For harder facial massage other applicators are used, as, for instance, to build up hollow or sunken cheeks or drooping, lifeless muscles in any part of the face, an applicator of fairly hard rubber, but flexible, and having a number of tips or projections upon its lower surface, is indicated. This is exhibited in Figure 127.

For the scalp the same applicator is used, or one having short, hard bristles, like a hair brush, may be substituted for it.

The movements for such facial vibratory massage should be similar to those given in hand massage, but the rules need not be followed quite so rigidly, since the amplitude of the vibrations is much shorter than the circular movements given by finger massage. In other words, the face, neck, and bust may be gone over generally, giving greater attention or more concentrated force directly to the parts requiring it.

Vibratory movements first of all stimulate the circulation, which, in turn, feeds the muscles and thus gradually develops them to their normal or a desired size and firmness.

Where the parts are to be reduced because of fatty



Fig. 128



Fig. 129

deposits or over-development, the medium hard vibrations, with the applicator shown in Figure 128, or one consisting of a fairly hard rubber ball top, as in Figure

129, are to be used, the soft-rubber one being for the rest of the face and the bust. Hard vibratory massage quickly reduces the fat and brings about a healthy and normal condition.

Each treatment should last about fifteen or twenty minutes. It should be repeated at certain frequent intervals, according to the physical condition of the patient, and kept up from one to three months. One or two treatments, aside from the exhilaration they temporarily impart, have little value.

The hard concave disc applicator, Figure 130, by the



Fig. 130

shape naturally suggests itself as a thing to use on all well-rounded surfaces, such as the stomach and limbs, but is frequently employed with excellent effect on heavy throats, baggy cheeks or double chins. The vibrations from this appear to have a sort of concentrated penetrativeness.

A roller, not unlike the ordinary garden machine (see Figure 131) is often used with good effect on the cheeks, neck, and scalp.

When used on the cheeks, the direction of motion should be upward and inward a little, following the curve of the jaw. On the temples, it should be used also with an upward movement, but with more of a curve to the side hair, beginning the application of it just between

the eyebrows. It may also be used very gently directly across the forehead from side to side. On the scalp



Fig. 131

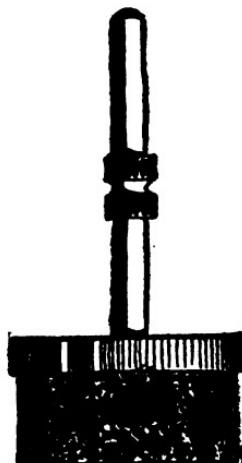


Fig. 134

proper it may be used in all directions. On the throat it should be worked around with a slightly upward trend, and more than slightly upward in case of pronounced double chin or hanging cheeks.



Figs. 132 and 133

The pestle-shaped applicator shown in figures 132 and 133 is employed for massaging the smaller parts of

the face under the eyes, the alæ of the nose, and occasionally the ears.

Special vibratory massage around the ears is practised by some as a treatment for deafness. The sponge applicator (Figure 134) is excellent for this purpose.

Possibly this does help temporarily a deaf person or make him hear better for some time after treatment, but any claims of its effecting a cure for deafness of long standing are open to much doubt.

EFFECTS OF VIBRATORY MASSAGE.—A common characteristic of both of these forms of vibrators calls for comment, namely, that the applicator or *pelot* (which corresponds to the actual hand) is in constant contact with the bodily surface, which renders the vibrating pressure entirely different to that resultant from the repetition of tapping blows, or beating massage, technically called *tapotement*.

Vibratory massage, according to the claims of its champions, also possesses this advantage over the rubbing and stroking kind, that one does not need to put any lubricant on the body; grease is not a necessity, or semi-necessity, for purposes of easy manipulation.

Yet it may be replied to this that in many cases the lubrication of the skin with some cream or special skin food is a valuable adjunct in itself to the massage by hand.

Another claim of superiority for vibratory massage cannot be disputed, however. It is that the treatment can be given through one's apparel, as in the case of a tired back or a bust that demands development.

Then, too, the vibrator is a very handy thing to have about the house when one cannot easily reach a skilled operator.

It is also a very useful thing for a professional masseuse to have at hand, either for the sake, as before hinted, of saving herself from over-fatigue, or for employment as a variant, in conjunction with manual massage in some special case, or to apply in cases where clothing cannot with propriety be removed. However, the direct contact of the instrument with the bodily surface to be treated is better whenever practicable, since on delicate tissues the pressures, or repeated imprints of the fibres of the clothing worn, might have, in course of time, a bad effect.

Moreover, just as the skin often shows to the trained eye of a hand-massage operator, skilled and bubbling over with high vitality of perfect health, that the massage has been prolonged enough, and that more might be distinctly inadvisable at the time, so to the skilled manipulator of a vibrator, the skin, when exposed, might often indicate clearly the same condition; which could only be guessed at through clothes.

It cannot be doubted that the vibrations produced mechanically are not only more rapid in their superficial effect, but are more deeply penetrating than those produced even by the most skilled and potent hand. This being so, caution as to over-use at once suggests itself. A too vigorous application may not only defeat the real object of the massage and so be a nullity, but it may go beyond and cause mischief. In beginning, it is well to practice extreme moderation and to work up gradually to a certain definite goal or maximum of treatment.

The local sensation caused by this kind of massage is that of a somewhat warm animation, in clear distinction to the sharp stimulation produced by the electric vibrator. There is never any stab of pain, except where the part operated on may itself be actively sore, and generally

after a short application the soreness or stiffness disappears as by magic—and may never again return.

The general sensation, or sum of local sensations, or sometimes the effect obtained on the whole system from one local application, differs from the general sensation produced by other treatments more in depth than in any other way. The minute, swift, penetrant vibrations apparently work more on the internal organs, are more radical in their reach; that is, get deeper into and linger longer in the more secret parts of the system, producing a reflex action on the blood, skin, and nerves, in addition to the direct action they exert by first contact.

The specific action on the nerves is great. The sensory nerves are influenced to such an extent that impressions of pain vanish or diminish markedly. In other words, the sensory nerves are soothed. The motor nerves, on the contrary, appear to be stimulated, a thing of importance in cases of fatigue, or of prolonged nervous depression tending toward paralysis.

Other excellent effects that may be noted are:

Improved nutrition is given to the tissues by the acceleration of circulation in the lymph and blood vascular systems.

The lungs more easily absorb oxygen and more easily excrete carbon dioxide and other waste products.

Digestive capacity is considerably augmented, and muscular tone is visibly improved.

Glandular secretions are stimulated as also are the functions of the skin.

Several organs, practically unreachable by other forms of massage, give evidence of being well affected by mechano-vibration.

As to abnormal deposits and accumulations of the metabolic process, those indicated by gout, rheumatism, and

certain chronic inflammations, it appears that vibration acts both directly and indirectly, either toward an elimination of them or an amelioration of the condition. Inasmuch as these infiltrates in skin, nerves, muscles, and joints often produce headache, vertigo, insomnia, or general debility, the preventive virtue of vibration is worth considering.

Besides the general toning up of the system, vibratory massage is directly valuable as a cure for obstinate constipation, supplanting the many pernicious cathartics now taken for this purpose.

Since mechano-vibration increases the vascular supply to the surface, with improvement in the nutrition and functioning of the skin, it renders the skin more pliant and youthful in appearance.

As will be seen, after considering its action in health, namely, a general stimulation of the blood and lymphatic circulation, it is clear that in certain conditions it must not be used.

CAUTIONS.—These are fevers, acute inflammations, abscesses, hemorrhage, edema, etc., or it should only be used when prescribed, and the exact extent prescribed, by a competent physician.

Where consumption is present, or suspected, it should never be employed.

Where there is pronounced weakness of the heart, it should not be used.

CHAPTER VIII.

THE CARE OF THE EYES.

Bathing—Lotions—Tonics—Strained Eyes—Watering Eyes—Inflamed Eyes—Puffiness Under the Eyes—Dark Circles Under the Eyes—Styes.

FREQUENT bathing of the eyes, either with or without the use of the eye cup, will make them clear and brilliant, and keep the tired lines away. Use hot water, and rinse with cool water containing a pinch of salt.

Rosewater used in the eye cup is a pleasant and beneficial variant of the above.

If the eyes feel tired or irritated, a half tumbler of warmish water into which a little powdered boric or boracic acid is added should be gently and carefully applied.

In making any liquid that is to be put into the eyes it is a good precaution to filter it through brown paper or two or three thicknesses of cheese cloth.

Camphor water eyewash is made by putting two grains of borax in two ounces of camphor water. Drop into the eyes several times a day.

Strong tea, cooled and filtered, makes a splendid eye bath, especially if the lids are becoming flabby.

A tonic for strained eyes that smart and have a heavy feeling is made from 10 grains each of powdered alum and sulphate of zinc in a half pint of boiled, cooled water. Put into the eyes with an eye cup.

Eyes that water easily often yield to a compound made of one grain of borax, ten grains of quince seed mucilage, five grains of cherry-laurel water, and 100 grams of boiled water. When using dilute with three times the quantity of water.

The inflammation caused by tears can be drawn out by applying over the lids a cloth soaked in hot water, renewing several times as the inflammation subsides.

For removing the puffiness under the eyes this is recommended:

<i>B Tannic Acid</i>	<i>20 gr.</i>
<i>Glycerine</i>	<i>1 oz.</i>

Paint the skin beneath the lower lid, using a fine camel-hair brush. Accompany this treatment with a gentle massage as described on pages 51 and 52.

The dark circles under the eyes are usually caused by an impairment of the chemical constitution of the blood or an impoverishment of the system by prolonged study, lack of sleep, or dissipation of any kind. External treatment is sometimes effective, but not permanent while the cause exists. Bathe frequently with cold water and use friction. A little turpentine liniment may be rubbed into the skin daily, or weak ammonia—one part to four of water—care being taken not to let either get into the eyes.

STYES.—Styes usually indicate an impoverished condition of the system. Attention should at once be given. The following pomade applied at night will help the eye-lids: Four grams of white vaseline and five centigrams each of white precipitate and oil of birch.

An old-fashioned remedy is a drop of belladonna on a lump of sugar bound on the stye when it is first seen.

CHAPTER IX.

THE CARE OF THE TEETH.

Increasing Attention Paid to Teeth—Care of an Infant's Mouth—Bacteria—The Tooth Brush—Tooth Powders and Washes—Recipes—Massaging the Gums—Eating Candy—Tartar—Sweetening the Breath—Recipes—Receding Gums—Breaking the Teeth.

THERE is no evidence that the soundness or strength or usefulness of the teeth is degenerating. Our teeth are as good as human teeth ever were so far as we definitely know.

We do know now, however, better than was ever understood before, that it pays in several heretofore unsuspected ways to take care of the teeth. The importance of this knowledge is so great that active measures are being taken in most civilized parts of the world to implant it in the minds of the people. Thirty-five towns and cities in Germany now maintain dental hospitals and infirmaries, and German insurance companies find it profitable to care for the teeth of their policy-holders, and in many cities of the United States regulations are being adopted for teaching school children how to care for their teeth, and for compelling them to follow such teaching.

Every child in good health who is two and a half years old has twenty healthy teeth; at six years of age

the first permanent teeth appear, which, if taken good care of, should last as long as the person lives.

The proper toilet of the mouth should begin before the teeth appear. The infant's mouth should be washed out with cool water after each nursing. No rings or other so-called helps should be given the child to cut his teeth on. They are not required, and are frequently a source of infection from the fact that they are dropped on the floor by the child, or mopped on the cat and dog.

As soon as a number of teeth have appeared in the child's mouth, systematically brush them and the gums after each meal with a small soft brush dipped in cool water to which may be added once a day a pinch of table salt or a small quantity of boracic acid.

Now, if he is properly fed, and his mouth protected from external infection, the child will safely pass through the period of teething into that of milk teeth, and through this into the stage of permanent teeth. The complete development of the permanent teeth may be effected by the same means without trouble, toothache, or gumboils.

The permanent teeth being once fairly ushered in in good workmanlike condition, say at fifteen years of age, opinions somewhat differ as to what we then most have to dread. It is, however, generally conceded that a very large share of the ills to which our teeth are liable are due to neglect of definite and preventable causes.

Careful attention to the toilet of the mouth; thorough brushing and cleansing of the teeth at bed time, and after each meal, including the massaging of the gums with the brush; and a diet that includes things that must be chewed, are sure to prevent a majority of the forms of decay of the teeth and ulcerations of the gums.

A word here to show a real source of danger from bad and neglected teeth will be a sufficient warning.

An individual with a set of partly carious teeth and spongy gums is probably mixing with his food at every stroke of his jaws enough of some varieties of germs to produce several of the most serious diseases of the alimentary canal.

Many a chronic dyspepsia and persistent bowel trouble may be kept up by constant self-infection of the stomach and intestines by the foul septic discharges from decaying teeth and ulcerated gums, and the reason for the development of various bacteria in the mouth is plain when one realizes what a thoroughly supplied breeding ground it is offering to germs in the way of lurking places permeated with heat, moisture, and nutrient material.

During the day many things we do—eating, talking, laughing, all tend to release the saliva and largely aid nature in making the mouth self-cleansing. The one best time then to clean the teeth and mouth is before going to bed at night. While we sleep nature works, and whatever particles of food have been left in the mouth between the teeth or in any crevices are fermented by the heat and acids of the mouth, and set upon by various germs which, finding themselves in such agreeable surroundings, increase and multiply with great rapidity.

The visible or most exposed part of the teeth is not the weakest, though it does practically all of the work.

The point where the teeth begin to decay is just where the edges of the gums touch them, known as the neck of the tooth. The enamel of the grinding surface here ends, and the bony socket of the tooth that extends into the jaws begins. Here then is the weakest spot. Here the lining margin of the gum should be kept healthy and firmly attached to the necks of the teeth.

THE TOOTH BRUSH.—To accomplish this is one of the

principal functions of the tooth brush. It is really more important to brush the gums than to brush the teeth, for if the gums are kept clean, strong, and healthy, and all particles of food removed from between the teeth or in any crevices that may be in the teeth, the most important work of the tooth brush has been accomplished.

One point should be kept in mind, that is it is not necessary to assist the teeth in any way. Keeping them clean is all they require.

Tooth brushes must be soft enough not to irritate the gums and the brushes should be changed often and kept thoroughly clean.

The teeth should be brushed in an up and down direction, not across. Then open the mouth and brush the grinding surfaces—and lastly brush the inside of the teeth next to the tongue.

After the brushing the whole mouth should be rinsed out with cool water, to which can be added a little bicarbonate of soda or lime water, or salt, or boric acid.

The slow and thorough chewing of food helps to clean the teeth.

When away from home, it is not always convenient to brush and clean the teeth, but if the habit is once formed of rinsing out the mouth with water every time anything is eaten it will help nature keep the teeth and mouth clean.

The acids of oranges, lemons, apples, and other fruits, while cleansing to the teeth in the process of chewing, should also be rinsed out of the mouth when the eating of the fruit is finished.

These are the chief substances used as aids in cleaning the teeth:

TOOTH POWDERS AND WASHES.—Charcoal and cuttle-fish bone powder, detergents both; chalk as a soft pow-

der for daily use; pumice as a hard, gritty substance for occasional use when the teeth are unusually discolored; catechu cinchona and rhatany, employed to give astrin-gency to the tooth powder; myrrh, used to impart odor, and bole armenian to add a red color; common salt; cream of tartar; phosphate or bicarbonate of soda, and sulphate of potash and lime, used to overcome acidity.

About the simplest, cheapest, and most agreeable tooth powder—one that can be used practically as often as needed, which is at least twice a day—is made of precipitated chalk and a few drops of peppermint for flavor.

One that requires a little more care in the preparation, but is effective as a cleanser and harmless to use often, is

B	Gum Camphor	1/2 oz.
	Precipitated Chalk	2 1/2 "
	Orris Root (powdered).....	1 1/2 "
	Castile Soap (powdered).....	1 gram

To this may be added a few drops of oil of peppermint for flavor.

Here is a charcoal powder which is very whitening:

B	Pulverised Charcoal	50 grams
	Red Cinchona Bark (powdered).....	50 "
	Carbonate of Magnesia	5 "
	Pulverised Camphor	5 "

A mouth wash or elixir is valuable with which to get between the teeth as well as in all parts of the mouth. The simplest thing for this purpose is one-half teaspoonful of bicarbonate of soda in a half tumbler of water, to be used after the teeth have been brushed with one of the powders."

A more elaborate elixir is made of:

B	<i>White Castile Soap</i>	2 oz.
	<i>Tincture Cardamom</i>	5 drams
	<i>Tincture Assarum</i>	5 "
	<i>Oil of Peppermint</i>	1 "
	<i>Oil of Cloves</i>	5 drops
	<i>Oil of Cassia</i>	5 "
	<i>Glycerine</i>	6 oz.
	<i>Alcohol</i>	1 qt.
	<i>Water</i>	2 "

To correct the unpleasant result of a feverish condition of the mouth:

B	<i>Glycerine</i>	4 dr.
	<i>Carbolic Acid (5% sol.)</i>	2 "
	<i>Rosewater</i>	10 "

Sometimes this feverish condition is relieved by the simple washing of the mouth with a strong solution of table salt and warm water, and rinsing out with cold water.

An astringent mouth wash that may be used twice a day for a time for loosening teeth:

B	<i>Tannic Acid</i>	2 dr.
	<i>Rectified Spirits</i>	2 "
	<i>Glycerin</i>	2 oz.
	<i>Rosewater to make</i>	10 "

If the gums are pale massage them gently two or three times a day with this:

B	<i>Wonderwort Water</i>	100 grams
	<i>Horseradish Extract</i>	12 "
	<i>Oil of Cloves</i>	1 drop
	<i>Water to double the quantity.</i>	

EATING CANDY AND SWEETS.—If there is any one thing in which modern young folks excel it is their ability to get candy money from parents who nevertheless know better than to let them have it. As Nature has a way of providing a remedy for every disease, so we will endeavor to find the means of offsetting the harmful acids accumulated in the mouth by the eating of sugar.

Here is a simple alkaloid wash that will neutralize the acids:

B *Bicarbonate of Soda* $\frac{1}{2}$ teaspoonful
Warm Water $\frac{1}{2}$ glassful

If the mouth is rinsed out with this after eating candy or other sweets, much of the harm they might do the teeth will be prevented; and to rinse the mouth with it after the teeth are brushed at night is an excellent preservative practice.

TARTAR.—Tartar is made up of lime and other salts from the food; of mucus and cells from the mouth; of microbes. The best method of prevention is the cleansing of the mouth and teeth directly after food has been eaten. Sometimes, besides the daily cleansing, it is necessary to take extra measures to prevent its accumulation, and keep the teeth white and sound.

For this purpose once a month go over the teeth in the following manner: Wind a bit of absorbent cotton around the end of a good-sized tooth pick; dip it into a few drops of lemon juice and then into a small quantity of powdered pumice. Rub the adhering pumice over the edges, sides and tops of the teeth, and at the gums, but not necessarily on them. After going carefully over all the teeth in this way, rinse out the mouth with clear water. Do not immediately brush the teeth, for the gritty pumice might scratch the enamel.

The daily use of bicarbonate of soda—half a teaspoonful in a half glass of water—to rinse out the mouth every night after the brushing will usually prevent the accumulation of tartar.

To SWEETEN THE BREATH.—Four per cent. of chloride of lime added to the tooth powder removes the fetid

character of the breath, and also tends to whiten the teeth—but it is not safe to use on the teeth often.

A grain of permanganate of potash dissolved in an ounce of rosewater makes a good elixir to be used several times a day for two days, but it should be rinsed out thoroughly with clear water each time used. This is not agreeable to the taste but can readily be so made by the addition of a few drops of oil of peppermint.

~~X~~ Bicarbonate of soda is often prescribed by physicians to cure a fetid breath—a half teaspoonful in a half glass of water, taken after meals for two days.

Charcoal tablets blacken the tongue, but are good for both the mouth and the stomach.

FOR RECEDING GUMS.—After brushing and rinsing the teeth at night before going to bed, rub with the finger tips some precipitated chalk on the tops or necks of the teeth, permitting it to remain there overnight.

BREAKING THE TEETH.—The warning not to try to crack nuts and bones or hard substances with the teeth will be better understood if it is explained that human teeth are comparatively square, having a rather flat surface, while those of animals that crack nuts are pointed or wedge-shaped.

An illustration showing how the teeth may be injured by being too suddenly cooled or heated is the quickness with which a glass will break if ice is put in it and then boiling water poured on. So, too, to switch quickly from ice cream to a hot demitasse or *vice versa* may result in cracking the teeth.

CHAPTER X.

PLASTIC SURGERY.

How Facial Features Are Changed by Surgical Operations—Humped and Hollow Noses—Drooping Eyelids—Wrinkles—Protruding Ears—Hare-Lip—Thick Lips—Dimples.

PLASTIC, or, as it is sometimes called, Cosmetic Surgery, is a part or branch of Beauty Culture which is confined strictly within the province of the licensed surgeon. A brief account of the work is given here simply that the reader may know something of the nature and variety of the operations that are performed, and the remarkably successful results that follow.

THE NOSE.—On account of its structure and shape the nose lends itself easily to the plastic surgeon's art. If there is too much nose, as, for instance, a prominent hump, a slight surgical operation removes the surplus bone or cartilage. In the case of flaring nostrils, or a drooping septum, or too much flesh at the end, forming what is known as a bulbous nose, these defects are overcome in such a manner that no scar is left, and not much pain suffered nor inconvenience experienced in the way of detention from usual duties.

It is also a comparatively simple matter to add a bit to a saddle- or pug-nose, or to fill out the two hollows, one at the bridge and one near the tip of a nose, which often disfigure an otherwise good face. A hypodermic needle specially constructed for this work is filled with hydrocarbon or paraffin at a temperature somewhat in

excess of blood-heat. This needle is injected under the skin at the point to be made larger; the paraffin is projected into the hollow beneath the skin; the needle is withdrawn, and, while the paraffin is cooling down to blood temperature, it is pressed into the desired shape with the fingers, and there allowed to remain—itself unseen, but adding very greatly to the symmetry of the face and the resultant expression of beauty and character.

The really difficult feats of plastic surgery in the restoration of noses appear where there is virtually no nose at all. Here a finger is opened up, and bound on the place where a nose is wanted, or a bit of the skin is brought down from the forehead or grafted on from the forearm. These operations have been performed successfully and, while the results are not what might be called a perfect nose, the patient is supplied with what a casual observer takes to be a nose, and is to every eye a great deal better than no nose at all.

THE EYELIDS.—A surgical operation that has a marked effect in brightening a face is the lifting of a drooping eyelid.

WRINKLES.—The fullness or bagginess under the eyes which makes a woman look old and a man appear dissipated is taken up much as a tailor would take out the surplus cloth that makes a coat wrinkle. This also is the process of lifting drooping cheeks or a wrinkled, flabby condition of the skin of the neck. For the deep wrinkle that sometimes forms from the wing of the nose to the ends of the mouth an injection of paraffin is the usual treatment.

THE EARS.—Ears that stick out prominently are set back as close to the head as desired. An elliptical piece

of the cartilage at the back of the ear is dissected out without cutting clear through the ear; the raw edges are brought together with a few sutures; a bandage is fastened about the head to hold the ears undisturbed when the patient sleeps; and in a few days the flamboyant ears are as subdued and retiring as one could wish. If an earring has been torn through the lobe of the ear, the slit can be brought together without a trace, while if the lobe is attached to the skin at the upper edge of the jaw it can be successfully separated.

HARE-LIP.—That hideous deformity, a hare-lip, is readily overcome. A child born with this terrible disfigurement may be operated on at almost any time, but preferably about the third year.

THICK LIPS.—Occasionally the operation of reducing lips that are too thick may be performed, but only with the exercise of great care and patience on the part of the patient. The fullness is removed from the inside, and, as the success of any surgical work is, in large measure, dependent on keeping the part operated on perfectly still, it requires no great imagination to realize the difficulty of supplying food to a person whose lips must be kept perfectly quiet.

DIMPLES.—The production of a dimple in a smooth cheek is occasionally performed, but this is an operation that, while surgically a success, is a practical failure; the dimple can be made and made well, but something happens that was not thought of till after the first hand-made dimple became a fact: it is a dimple that is always in evidence. Now the beauty of a natural dimple is that it appears when the face lights up with pleasure, and it keeps out of sight when trouble comes to the face. But

a person who has an artificial dimple is in a position similar to that of Victor Hugo's "Laughing Man," whose mouth, gashed into a grin in childhood, caused him to appear to be grimacing even when enduring the greatest anguish of soul. The woman who has sought to improve on Nature in an unnatural fashion by cutting a wrinkle in her smooth cheek always repents of her thoughtless action. She appears to beholders as always smiling; at the performance of a tragedy as well as of a comedy, at every funeral as well as every wedding, and (with material disadvantage in respect to the amount of alimony awarded) at her own divorce suit,—which such a woman is pretty sure to experience if she has been able to entrap some man into marriage by the surgical dimple and similar artifices. A conscientious Beauty Culturist will dissuade from her purpose any patron who is so foolish as to consider enhancing her charms by acquiring an expression which is not normal to women in general, and with which Nature never intended exceptionally to endow her.

CHAPTER XI.

PHYSIOGNOMY AND PHRENOLOGY.

Character Shown in the Features—Forehead—Nose—Lips—Dimples—Eyebrows—Ears—Mouth—Eyes—The Head.

THIS is the science of telling the characteristics of a person by the shape of the face, head and special features. The following are the chief characteristics to be noted:

If the forehead is fairly high, this denotes good intellect and a fine memory; but if it is too high, it indicates rather the idiot, and is not a sign of a powerful brain, as many think.

The forehead should not slope forward, and only very slightly backward. In other words, the line should be nearly straight up and down, with a slight backward slope.

A fairly large nose is a sign of an active, progressive disposition; one that "gets ahead" in the world, and is a good sign, if not too pronounced. A long straight nose denotes a fine, high-spirited nature, and a small nose is indicative of lack of energy and temperament.

Thick lips denote a coarse, amorous disposition, but are sometimes to be found in geniuses—such as great musicians. Thin, fine lips, having very little red showing, denote cruel, hard nature, one lacking in warmth and affection. Moderately full lips are the best, and they should be moist, and not hard and dry.

Dimples in the cheeks often denote roguery; but in the chin they are a mark of determination and strength of character.

Large, bulgy eyebrows indicate the man of strong character—a strong, active, determined brain. Thin, weak brows denote the delicate body—though this may be accompanied by a brilliant mind. As before, a “happy medium” is the best combination which can be found.

Small, neat ears, lying close to the head, denote a delicate, refined nature. Large, wide ears, projecting some way from the head, indicate the pugnacious, aggressive type. Any peculiarity of the ear usually denotes an abnormal type of mind.

Large nostrils denote a primitive, amorous nature; thin, small nostrils are a sign of a subtle, esthetic disposition.

A large mouth is a sign of kindness and good humor, but also a lack of delicacy, as a rule. If too large, however, and “floppy,” this points to the buffoon. A small mouth is indicative of a clever, intellectual man, as a rule.

The eye has been called “the window of the soul,” for it is indicative of the character of the indwelling spirit more than any other organ. There is something remarkable about the eye which has never yet been explained. We feel that we know a person as soon as we look them in the eye, though we may look at the rest of their features or their bodies for hours without getting in close touch with them. A glance at the eye will disclose this. And this does not only apply to human beings. The horse, the dog, or, in fact, any animal, when it looks at you—at you—always looks you in the eyes. Why should he do this—if there is

nothing peculiar about the human eye more than any other part of the face—if he did not feel that he thereby came into more intimate contact with your spirit or soul than by looking at your other features?

A clear, steady eye is a good sign; while a shifting, constantly moving eye is the reverse. Never trust a person who will not look you in the eye and cannot be made to do so. A large pupil generally denotes abundant physical energy, accompanied by a highly nervous disposition. A small pupil indicates a mental, analytic mind—which subjects everything to criticism and is not usually sympathetic or emotional.

It is said that yellow eyes generally denote a passionate nature; deep blue eyes, the coquette; gray eyes, keen intelligence; green eyes, jealousy; black eyes, intensely loving nature, and brown eyes, a kind, happy temperament.

Eyes which appear impressive and interesting and suddenly flash forth into clear light, denote a loving nature and a deep understanding of trouble or sorrow.

Eyes which are always inquisitive, yet, when they look at a person seem suddenly to become kind and warm, are not to be trusted too far. They belong to the self-seeker.

Of course the eyes must be considered in connection with the other facial indications, and some of these may contradict others.

A few words on the phrenological readings of the head:

If the head is large and fully rounded at the back of the neck and between the ears and the base of the brain, such a person is of an amorous nature; if very small, the reverse is the case.

If the portion of the head just over the ears is large,

this denotes selfish tendencies; if small, sympathy and altruism are known to exist.

If the part just over the eyes is large, that person possesses keen and quick perceptions; if small, he is slow in this direction.

The upper portion of the forehead, if large, denotes good reasoning abilities; if small, poor judgment and reason.

If the front, upper portion of the head is large, this denotes high ethical and moral sentiments; if small, this side of the nature is not as cultivated as it should be.

If the back portion of the head, about the neck, is large, this denotes a love of home; while if it is small, a desire to rove and for travel is shown.

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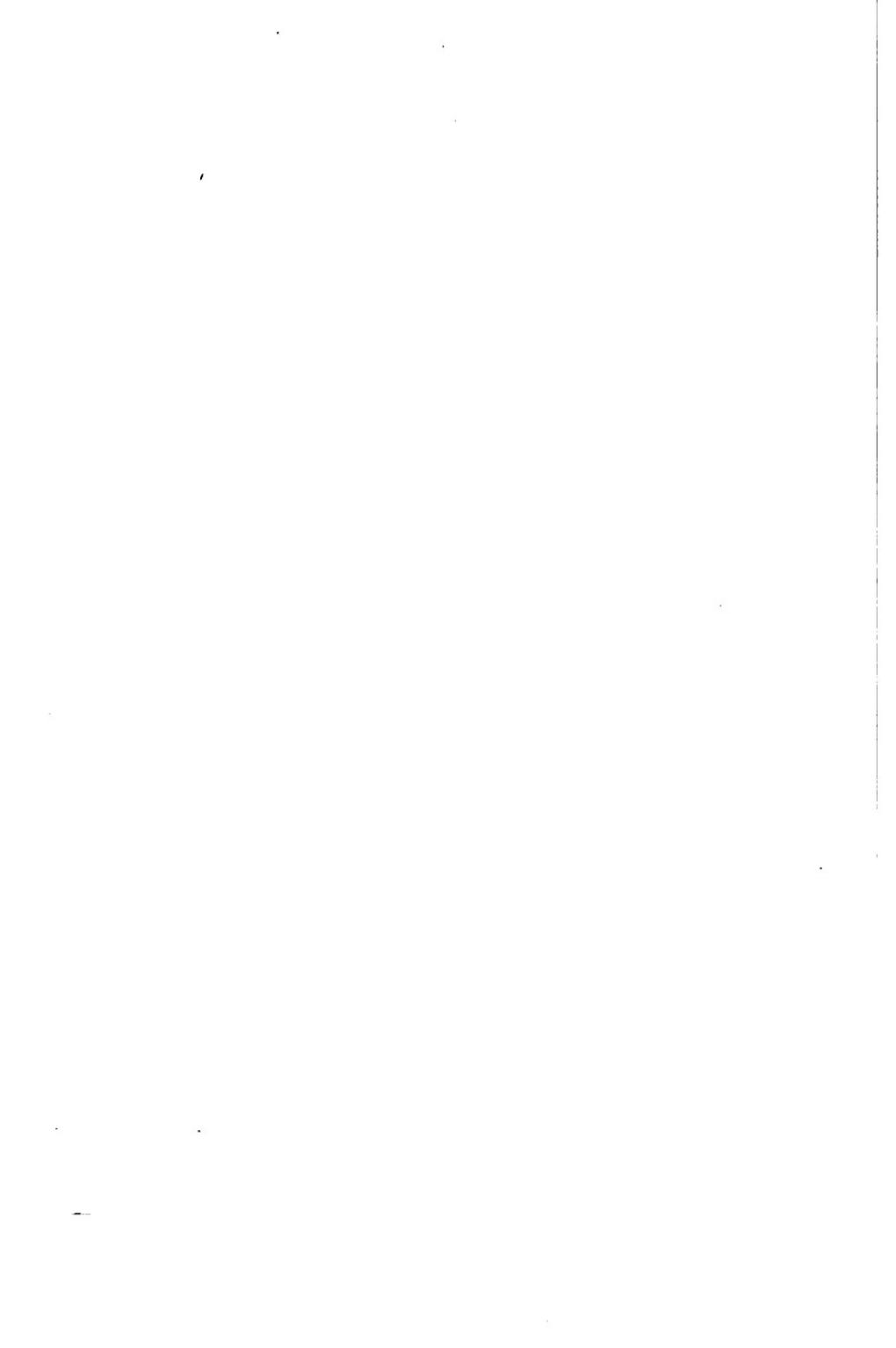
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